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FOR THE LOVE OF FOOD

OUR INTERNATIONAL ISSUE

NO-TAKEOUT THAI

Lettuce rolls, Pad Thai, and more

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Molto Grains

Health-boosting chickpeas and lentils from around the world

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Time for a Toast

This small bites menu is perfect for a party

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FRESH FORUM

I just wanted to say how much I enjoy fresh magazine, especially the gluten-free recipes in the November/December issue. It is extremely hard to find these kinds of recipes, and I know a lot of people who also have to follow strict diets of food avoidance. I would appreciate it if a gluten-free recipe or two would become a regular feature in the magazine. Thank you again and keep up the great work.

PAT FAUCHETTE
Sachs, Maine

I have a question about the gluten-free Agaricus Crustacei (December Cookies) (November/December 2011). It occasionally bakes fairly flat. I find that products which you recommended in the article (but, I am not on a gluten-free diet and have no gluten-free flour) I'd like to make these cookies using "regular" baking products. Can I substitute any other kind of flour for the gluten flour? I have rice flour? Also, can regular margarine or butter be substituted for the soy margarine without affecting the outcome? Thank you.

RUTH BERTICA
Cotton, NJ

Ed, the left All Purpose Flour recommended on the recipe is a mix of various flours and you're not concerned about gluten, so maybe by making the cookies with regular all purpose flour (not flour alone) would affect the texture of the cookies. And regular margarine or butter should work just fine. Also, we included three gluten-free desserts in the issue (see pages 11, 22 and 65).

I was pleased to see a gluten-free recipe written under November/December issue. I decided to make the Chocolate Fudge Cake with Raspberry Cakes for a friend who has a gluten allergy. Even though the recipe says the mix would be thin, it was the consistency of cookie dough. Please check this recipe and see if the ingredients are correct. I do enjoy fresh magazine.

THELMA DOMING
Ridgely, NY

Ed: This recipe mentioned several times before it was published, and when we researched what happened during the mixing process, we found that our gluten-free mix had inadvertently added baked potato starch for potato flour. Potato starch yields a better texture (good for whatever use and the less digestible of the starch) but is never used in its mix with the recipe. We apologize for the mix up. These ingredients are similar and often confused. Potato starch is fine and performs similar to cornstarch in fact. Potato flour is more granular like fine ground cornmeal. The good news is that both potato starch and potato flour work with this recipe and potato gluten-free cake with a delicious chocolate flavor.

I have a question about butter. I made the Jennifer Tard Mac Cookies from the January/February issue of fresh. The recipe calls for unsalted butter, but I had asked on local and several oil running, so so to the store. I used that. The cookies turned out great, but I'm wondering what I should do in the future if I have the "wrong" kind of butter. Thanks.

MIKE HICKING
Highpoint, Mass.

Ed: For baking, if you are using butter you should adjust the salt elsewhere in the recipe. If you make cookies with salted butter we'll then reduce the amount of salt called for by about 50 percent. The standard tends to be 1/2 cup salt. I understand butter in our recipe was a cup salt. I sincerely hope if an recipe calls for salted butter and we are mistaken, we add that 1/2 cup salt somewhere in the recipe. Our ingredients is right right candy which seems to work out for us with salted butter than with unsalted butter and salt added.

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We'd Love to Hear from You!

Please send your comments, suggestions, and culinary musings to feedback@freshmagazine.com or direct correspondence to: Fresh Magazine, PO Box 8000, Portland, ME 04104. Be sure to include your name, address, and daytime phone number. Letters may be edited for length and clarity. To request our newsletter, visit www.freshmag.com and click on the Contact Us icon at the top of the page. Don't forget! Freshies can call 800.213.7945.

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If you're online at www.tasteofhome.com for even more great recipes, tips, and ideas, download our free app to your phone or tablet.

ON THE COVER: Get dinner on a speed up with our Luscious Rolls with Pork and Pineapple from page 28 for the recipe. Photograph by Richard Jung

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Get Grillin' With It

Summer is just for the smiling outdoors, whether it's the typical lay-day airport — running by the beach or pool — or something a little more ambitious: the sizzling flesh down to the yard. Whatever your pick, you'll need plenty of fuel to get you through the day. Luckily we have some pointers and ideas — with lots of flavor — to get you started.

Grilling is fun and hot. But it's also important to be safe. Always have clean glass and dishes available for cooked meats, fish and poultry if your grill has touched with bare designs: one for raw foods and one for cooked foods — that way you'll always know what goes where and there will be no chance of contamination.

In our Taste of Inspiration® family of products you'll find everything necessary to get up for grilling. From delicious marinades and grilling sauces to mouthwatering ribs and meats, you'll find it all in your local HomeGoods. Try these easy menu starters on your grill.

Inspiration® Angus Steaks Toss steaks with red and yellow peppers, and marinated in Inspiration® Honey Bourbon Grill Sauce.

Whole portobello mushrooms caps and stuffed coals on the coals marinated for an hour in Inspiration® Chipotle Grilling Sauce.

Inspiration® Chicken Tenders and **corn** skewers marinated separately with Inspiration® Lemon Grill Grill Sauce.

Grill Power

Gas-powered grills are merely only a modernization of the ancient art of cooking over an open flame. Not too surprisingly, just about every culture has developed grilling traditions. In fact, for example, is known for its characteristic succulent skewers of spiced meats (see page 44). And other countries also have their own flame specialties.

In Japan, the skewers are called *skewers* and *skewers* are popular. Cooked chicken or beef and vegetables skewered and basted with a soy sauce (see page 43). Another example: grilled chicken. But the term has come to refer to the style of grilling, Japan is also the source for the *skewer*. The small *skewer* grill favored for its portability.

Small skewers of beef and chicken are also popular in Thailand. In the form of *satay*, long strips of marinated meat threaded on a skewer and basted with spiced sauce. This dish actually originated in Indonesia, but has become an adopted Thai classic.

The Mediterranean climate of Greece encourages outdoor cooking. Grilling isn't popular throughout the country and isn't the favored meat. Skewers on the grill (see page 43) skewers are simple designed to keep the fat and juices of the meat and fish. Skewers have found success making to a fine art, and skewers are the mainstay of outdoor grilling, served with plenty of vegetables and sauce. In the summer the accompanying beverage is often Mediterranean a mix of beer and lemon-lime soda.



IGADGETS GALORE!

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Beefsteak steppers, perfect for outdoor cooking, are reminiscent of meat (freezer steakers) that look like steaks as they don't cook! Just flip the plastic steaks over (check for 10 or 20 page 40) and cook or sauté on the grill and grill. Or simply sauté the plastic steaks in a skillet and serve as a main dish. No matter how you use them, they'll make a quick meal-to-go!

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TABLE 1

When it comes to precision slicing, the versatile mandoline is the ideal addition to your kitchen. Just pass the fruit to offer help, using the four thicknesses, or use the julienne setting for french fries. The Super design, Tyfco Easy-Slice 2 Folding Mandoline includes a sturdy food holder for safety and used as well as the convenient fold-up design. Great price. www.tyco.com



Abstract

though not really for adults. The **RECHAMISE** **line** **grater** can grate anything from fine to coarse, is easy to clean, and has a built-in container to collect shredded produce. And it does the job easily, thanks to a 1-liter-cap container that drops freely into the bottom. The container comes with a cap, another to grip its sides (and in the freezer or microwave). **RE** is a rubber ball, too. This grater provides excellent shredding, but the grater bed contained one disintegrated cube.

SERVING UP TRADITIONS



the first week of May is a great time to visit elegant Mexican culture – and what better way could it be for sampling some of the nation's finest of Mayan, Aztec or Inca special dishes. When it comes to Mayan, Aztec or Inca special dishes, you'll find them throughout Mexico and the United States. Come join in the celebration of Mayan, Aztec or Inca special dishes and enjoy the best of Mexican food and culture.

At Mayan, Aztec or Inca special dishes, you'll find the best of Mexican food and culture. At Mayan, Aztec or Inca special dishes, you'll find the best of Mexican food and culture. At Mayan, Aztec or Inca special dishes, you'll find the best of Mexican food and culture.

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Banging in roots helps pale green to pale-pink olive oil **grow all the healthful oils** around it, making it an ideal paleo-carb and monounsaturated fat, which can help lower bad and raise good cholesterol, so it's good for your heart and a powerful antioxidant.

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[INGREDIENT INSIDER: PLANTAINS]

By Kathy Champagne

While **plantain** is an incredibly versatile and delicious fruit, few chefs come to the kitchen as being daunted to work with. Unlike tomatoes, plantains must be cooked before eating, though they may be eaten at various stages of ripeness.

Plantains are especially popular in Puerto Rico. Here, we've introduced the preparation of a traditional dish to create a tasty Puerto Rican-inspired vegetable-centric Proscuitto (see 35 to 40).

PROLOGUE

SERVES 4

ACTIVE TIME: 1 HOUR, 30 MINUTES

TOTAL TIME: 1 HOUR, 30 MINUTES

Ingredients

1. 1 Top, onion or scallion oil
- 1 small bunch arugula, chopped
- 1 small red or green pepper, washed and chopped
- 2 garlic cloves, minced
- 1 tsp ground cumin
- 1 tsp dried oregano
- 1 tsp cayenne
- 2 (16- or 18-oz) cans black beans, drained and rinsed
- 2 Tbsp olive oil
- 1 cup low sodium vegetable broth
- 1 tsp kosher salt
- 2 Tbsp chopped cilantro

Plantains

1. Top, onion or scallion oil
2. plantains, 1 peeled and sliced into 4 slices, each peeled and cut lengthwise into 4 slices
- 1 cup green bell pepper, 1/2 in. thick
- 1 tsp cayenne
- 1 tsp dried oregano
- 1 tsp kosher salt
- 1 tsp olive oil
- 1 tsp olive oil

1. Preheat broiler. Heat oil in a large skillet over medium heat. Add onion, bell pepper, and garlic and cook 5 minutes, stirring occasionally until vegetables are softened. Add cumin, oregano, and cayenne until vegetables are tender, about 5 more minutes. Add beans, vinegar, and broth and cook over medium heat covered until slightly thickened, about 15 to 20 minutes. Remove from heat. Partially mash beans, add oil and cilantro, transfer to a bowl, and set aside.
2. Preheat oven to 400°F. Line a baking sheet with foil and spray with vegetable spray.
3. Prepare plantains. Wipe skillet clean with a paper towel, then return it to heat and heat oil over medium heat. Add plantain slices, a few at a time, allowing oil to sear the bottom side and cook until just golden, about 2 minutes per side. Set aside on clean oil paper towels. Repeat until you have seared all plantains.
4. Place plantains on prepared baking sheet, allowing touching each other. Top each with



about 2 Tbsp bean mixture and sprinkle generously with cheese. Bake at 400°F until plantains are heated through and cheese has melted, about 10 minutes.

5. To serve, place four plantain slices on each of four plates. Divide soup, bean puree over each slice. Serve hot, garnished with cilantro, arugula, and lime wedges.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
 160 CALORIES, 10g CARBOHYDRATE, 10g PROTEIN, 10g FAT, 10g FIBER, 10g SUGAR, 10g SODIUM, 10g CALCIUM, 10g IRON, 10g VITAMIN A, 10g VITAMIN C, 10g VITAMIN E, 10g VITAMIN K, 10g VITAMIN B1, 10g VITAMIN B2, 10g VITAMIN B3, 10g VITAMIN B6, 10g VITAMIN B12, 10g VITAMIN D, 10g VITAMIN F, 10g VITAMIN G, 10g VITAMIN H, 10g VITAMIN I, 10g VITAMIN J, 10g VITAMIN K, 10g VITAMIN L, 10g VITAMIN M, 10g VITAMIN N, 10g VITAMIN O, 10g VITAMIN P, 10g VITAMIN Q, 10g VITAMIN R, 10g VITAMIN S, 10g VITAMIN T, 10g VITAMIN U, 10g VITAMIN V, 10g VITAMIN W, 10g VITAMIN X, 10g VITAMIN Y, 10g VITAMIN Z, 10g VITAMIN AA, 10g VITAMIN AB, 10g VITAMIN AC, 10g VITAMIN AD, 10g VITAMIN AE, 10g VITAMIN AF, 10g VITAMIN AG, 10g VITAMIN AH, 10g VITAMIN AI, 10g VITAMIN AJ, 10g VITAMIN AK, 10g VITAMIN AL, 10g VITAMIN AM, 10g VITAMIN AN, 10g VITAMIN AO, 10g VITAMIN AP, 10g VITAMIN AQ, 10g VITAMIN AR, 10g VITAMIN AS, 10g VITAMIN AT, 10g VITAMIN AU, 10g VITAMIN AV, 10g VITAMIN AW, 10g VITAMIN AX, 10g VITAMIN AY, 10g VITAMIN AZ, 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FU, 10g VITAMIN FV, 10g VITAMIN FW, 10g VITAMIN FX, 10g VITAMIN FY, 10g VITAMIN FZ, 10g VITAMIN GA, 10g VITAMIN GB, 10g VITAMIN GC, 10g VITAMIN GD, 10g VITAMIN GE, 10g VITAMIN GF, 10g VITAMIN GG, 10g VITAMIN GH, 10g VITAMIN GI, 10g VITAMIN GJ, 10g VITAMIN GK, 10g VITAMIN GL, 10g VITAMIN GM, 10g VITAMIN GN, 10g VITAMIN GO, 10g VITAMIN GP, 10g VITAMIN GQ, 10g VITAMIN GR, 10g VITAMIN GS, 10g VITAMIN GT, 10g VITAMIN GU, 10g VITAMIN GV, 10g VITAMIN GW, 10g VITAMIN GX, 10g VITAMIN GY, 10g VITAMIN GZ, 10g VITAMIN HA, 10g VITAMIN HB, 10g VITAMIN HC, 10g VITAMIN HD, 10g VITAMIN HE, 10g VITAMIN HF, 10g VITAMIN HG, 10g VITAMIN HH, 10g VITAMIN HI, 10g VITAMIN HJ, 10g VITAMIN HK, 10g VITAMIN HL, 10g VITAMIN HM, 10g VITAMIN HN, 10g VITAMIN HO, 10g VITAMIN HP, 10g VITAMIN HQ, 10g VITAMIN HR, 10g VITAMIN HS, 10g VITAMIN HT, 10g VITAMIN HU, 10g VITAMIN HV, 10g VITAMIN HW, 10g VITAMIN HX, 10g VITAMIN HY, 10g VITAMIN HZ, 10g VITAMIN IA, 10g VITAMIN IB, 10g VITAMIN IC, 10g VITAMIN ID, 10g VITAMIN IE, 10g VITAMIN IF, 10g VITAMIN IG, 10g VITAMIN IH, 10g VITAMIN II, 10g VITAMIN IJ, 10g VITAMIN IK, 10g VITAMIN IL, 10g VITAMIN IM, 10g VITAMIN IN, 10g VITAMIN IO, 10g VITAMIN IP, 10g VITAMIN IQ, 10g VITAMIN IR, 10g VITAMIN IS, 10g VITAMIN IT, 10g VITAMIN IU, 10g VITAMIN IV, 10g VITAMIN IW, 10g VITAMIN IX, 10g VITAMIN IY, 10g VITAMIN IZ, 10g VITAMIN JA, 10g VITAMIN JB, 10g VITAMIN JC, 10g VITAMIN JD, 10g VITAMIN JE, 10g VITAMIN JF, 10g VITAMIN JG, 10g VITAMIN JH, 10g VITAMIN JI, 10g VITAMIN JJ, 10g VITAMIN JK, 10g VITAMIN JL, 10g VITAMIN JM, 10g VITAMIN JN, 10g VITAMIN JO, 10g VITAMIN JP, 10g VITAMIN JQ, 10g VITAMIN JR, 10g VITAMIN JS, 10g VITAMIN JT, 10g VITAMIN JU, 10g VITAMIN JV, 10g VITAMIN JW, 10g VITAMIN JX, 10g VITAMIN JY, 10g VITAMIN JZ, 10g VITAMIN KA, 10g VITAMIN KB, 10g VITAMIN KC, 10g VITAMIN KD, 10g VITAMIN KE, 10g VITAMIN KF, 10g VITAMIN KG, 10g VITAMIN KH, 10g VITAMIN KI, 10g VITAMIN KJ, 10g VITAMIN KK, 10g VITAMIN KL, 10g VITAMIN KM, 10g VITAMIN KN, 10g VITAMIN KO, 10g VITAMIN KP, 10g VITAMIN KQ, 10g VITAMIN KR, 10g VITAMIN KS, 10g VITAMIN KT, 10g VITAMIN KU, 10g VITAMIN KV, 10g VITAMIN KW, 10g VITAMIN KX, 10g VITAMIN KY, 10g VITAMIN KZ, 10g VITAMIN LA, 10g VITAMIN LB, 10g VITAMIN LC, 10g VITAMIN LD, 10g VITAMIN LE, 10g VITAMIN LF, 10g VITAMIN LG, 10g VITAMIN LH, 10g VITAMIN LI, 10g VITAMIN LJ, 10g VITAMIN LK, 10g VITAMIN LL, 10g VITAMIN LM, 10g VITAMIN LN, 10g VITAMIN LO, 10g VITAMIN LP, 10g VITAMIN LQ, 10g VITAMIN LR, 10g VITAMIN LS, 10g VITAMIN LT, 10g VITAMIN LU, 10g VITAMIN LV, 10g VITAMIN LW, 10g VITAMIN LX, 10g VITAMIN LY, 10g VITAMIN LZ, 10g VITAMIN MA, 10g VITAMIN MB, 10g VITAMIN MC, 10g VITAMIN MD, 10g VITAMIN ME, 10g VITAMIN MF, 10g VITAMIN MG, 10g VITAMIN MH, 10g VITAMIN MI, 10g VITAMIN MJ, 10g VITAMIN MK, 10g VITAMIN ML, 10g VITAMIN MM, 10g VITAMIN MN, 10g VITAMIN MO, 10g VITAMIN MP, 10g VITAMIN MQ, 10g VITAMIN MR, 10g VITAMIN MS, 10g VITAMIN MT, 10g VITAMIN MU, 10g VITAMIN MV, 10g VITAMIN MW, 10g VITAMIN MX, 10g VITAMIN MY, 10g VITAMIN MZ, 10g VITAMIN NA, 10g VITAMIN NB, 10g VITAMIN NC, 10g VITAMIN ND, 10g VITAMIN NE, 10g VITAMIN NF, 10g VITAMIN NG, 10g VITAMIN NH, 10g VITAMIN NI, 10g VITAMIN NJ, 10g VITAMIN NK, 10g VITAMIN NL, 10g VITAMIN NM, 10g VITAMIN NN, 10g VITAMIN NO, 10g VITAMIN NP, 10g VITAMIN NQ, 10g VITAMIN NR, 10g VITAMIN NS, 10g VITAMIN NT, 10g VITAMIN NU, 10g VITAMIN NV, 10g VITAMIN NW, 10g VITAMIN NX, 10g VITAMIN NY, 10g VITAMIN NZ, 10g VITAMIN OA, 10g VITAMIN OB, 10g VITAMIN OC, 10g VITAMIN OD, 10g VITAMIN OE, 10g VITAMIN OF, 10g VITAMIN OG, 10g VITAMIN OH, 10g VITAMIN OI, 10g VITAMIN OJ, 10g VITAMIN OK, 10g VITAMIN OL, 10g VITAMIN OM, 10g VITAMIN ON, 10g VITAMIN OO, 10g VITAMIN OP, 10g VITAMIN OQ, 10g VITAMIN OR, 10g VITAMIN OS, 10g VITAMIN OT, 10g VITAMIN OU, 10g VITAMIN OV, 10g VITAMIN OW, 10g VITAMIN OX, 10g VITAMIN OY, 10g VITAMIN OZ, 10g VITAMIN PA, 10g VITAMIN PB, 10g VITAMIN PC, 10g VITAMIN PD, 10g VITAMIN PE, 10g VITAMIN PF, 10g VITAMIN PG, 10g VITAMIN PH, 10g VITAMIN PI, 10g VITAMIN PJ, 10g VITAMIN PK, 10g VITAMIN PL, 10g VITAMIN PM, 10g VITAMIN PN, 10g VITAMIN PO, 10g VITAMIN PP, 10g VITAMIN PQ, 10g VITAMIN PR, 10g VITAMIN PS, 10g VITAMIN PT, 10g VITAMIN PU, 10g VITAMIN PV, 10g VITAMIN PW, 10g VITAMIN PX, 10g VITAMIN PY, 10g VITAMIN PZ, 10g VITAMIN QA, 10g VITAMIN QB, 10g VITAMIN QC, 10g VITAMIN QD, 10g VITAMIN QE, 10g VITAMIN QF, 10g VITAMIN QG, 10g VITAMIN QH, 10g VITAMIN QI, 10g VITAMIN QJ, 10g VITAMIN QK, 10g VITAMIN QL, 10g VITAMIN QM, 10g VITAMIN QN, 10g VITAMIN QO, 10g VITAMIN QP, 10g VITAMIN QQ, 10g VITAMIN QR, 10g VITAMIN QS, 10g VITAMIN QT, 10g VITAMIN QU, 10g VITAMIN QV, 10g VITAMIN QW, 10g VITAMIN QX, 10g VITAMIN QY, 10g VITAMIN QZ, 10g VITAMIN RA, 10g VITAMIN RB, 10g VITAMIN RC, 10g VITAMIN RD, 10g VITAMIN RE, 10g VITAMIN RF, 10g VITAMIN RG, 10g VITAMIN RH, 10g VITAMIN RI, 10g VITAMIN RJ, 10g VITAMIN RK, 10g VITAMIN RL, 10g VITAMIN RM, 10g VITAMIN RN, 10g VITAMIN RO, 10g VITAMIN RP, 10g VITAMIN RQ, 10g VITAMIN RR, 10g VITAMIN RS, 10g VITAMIN RT, 10g VITAMIN RU, 10g VITAMIN RV, 10g VITAMIN RW, 10g VITAMIN RX, 10g VITAMIN RY, 10g VITAMIN RZ, 10g VITAMIN SA, 10g VITAMIN SB, 10g VITAMIN SC, 10g VITAMIN SD, 10g VITAMIN SE, 10g VITAMIN SF, 10g VITAMIN SG, 10g VITAMIN SH, 10g VITAMIN SI, 10g VITAMIN SJ, 10g VITAMIN SK, 10g VITAMIN SL, 10g VITAMIN SM, 10g VITAMIN SN, 10g VITAMIN SO, 10g VITAMIN SP, 10g VITAMIN SQ, 10g VITAMIN SR, 10g VITAMIN SS, 10g VITAMIN ST, 10g VITAMIN SU, 10g VITAMIN SV, 10g VITAMIN SW, 10g VITAMIN SX, 10g VITAMIN SY, 10g VITAMIN SZ, 10g VITAMIN TA, 10g VITAMIN TB, 10g VITAMIN TC, 10g VITAMIN TD, 10g VITAMIN TE, 10g VITAMIN TF, 10g VITAMIN TG, 10g VITAMIN TH, 10g VITAMIN TI, 10g VITAMIN TJ, 10g VITAMIN TK, 10g VITAMIN TL, 10g VITAMIN TM, 10g VITAMIN TN, 10g VITAMIN TO, 10g VITAMIN TP, 10g VITAMIN TQ, 10g VITAMIN TR, 10g VITAMIN TS, 10g VITAMIN TT, 10g VITAMIN TU, 10g VITAMIN TV, 10g VITAMIN TW, 10g VITAMIN TX, 10g VITAMIN TY, 10g VITAMIN TZ, 10g VITAMIN UA, 10g VITAMIN UB, 10g VITAMIN UC, 10g VITAMIN UD, 10g VITAMIN UE, 10g VITAMIN UF, 10g VITAMIN UG, 10g VITAMIN UH, 10g VITAMIN UI, 10g VITAMIN UJ, 10g VITAMIN UK, 10g VITAMIN UL, 10g VITAMIN UM, 10g VITAMIN UN, 10g VITAMIN UO, 10g VITAMIN UP, 10g VITAMIN UQ, 10g VITAMIN UR, 10g VITAMIN US, 10g VITAMIN UT, 10g VITAMIN UY, 10g VITAMIN UZ, 10g VITAMIN VA, 10g VITAMIN VB, 10g VITAMIN VC, 10g VITAMIN VD, 10g VITAMIN VE, 10g VITAMIN VF, 10g VITAMIN VG, 10g VITAMIN VH, 10g VITAMIN VI, 10g VITAMIN VJ, 10g VITAMIN VK, 10g VITAMIN VL, 10g VITAMIN VM, 10g VITAMIN VN, 10g VITAMIN VO, 10g VITAMIN VP, 10g VITAMIN VQ, 10g VITAMIN VR, 10g VITAMIN VS, 10g VITAMIN VT, 10g VITAMIN VU, 10g VITAMIN VV, 10g VITAMIN VW, 10g VITAMIN VX, 10g VITAMIN VY, 10g VITAMIN VZ, 10g VITAMIN WA, 10g VITAMIN WB, 10g VITAMIN WC, 10g VITAMIN WD, 10g VITAMIN WE, 10g VITAMIN WF, 10g VITAMIN WG, 10g VITAMIN WH, 10g VITAMIN WI, 10g VITAMIN WJ, 10g VITAMIN WK, 10g VITAMIN WL, 10g VITAMIN WM, 10g VITAMIN WN, 10g VITAMIN WO, 10g VITAMIN WP, 10g VITAMIN WQ, 10g VITAMIN WR, 10g VITAMIN WS, 10g VITAMIN WT, 10g VITAMIN WY, 10g VITAMIN WZ, 10g VITAMIN XA, 10g VITAMIN XB, 10g VITAMIN XC, 10g VITAMIN XD, 10g VITAMIN XE, 10g VITAMIN XF, 10g VITAMIN XG, 10g VITAMIN XH, 10g VITAMIN XI, 10g VITAMIN XJ, 10g VITAMIN XK, 10g VITAMIN XL, 10g VITAMIN XM, 10g VITAMIN XN, 10g VITAMIN XO, 10g VITAMIN XP, 10g VITAMIN XQ, 10g VITAMIN XR, 10g VITAMIN XS, 10g VITAMIN XT, 10g VITAMIN XU, 10g VITAMIN XV, 10g VITAMIN XW, 10g VITAMIN XX, 10g VITAMIN XY, 10g VITAMIN XZ, 10g VITAMIN YA, 10g VITAMIN YB, 10g VITAMIN YC, 10g VITAMIN YD, 10g VITAMIN YE, 10g VITAMIN YF, 10g VITAMIN YG, 10g VITAMIN YH, 10g VITAMIN YI, 10g VITAMIN YJ, 10g VITAMIN YK, 10g VITAMIN YL, 10g VITAMIN YM, 10g VITAMIN YN, 10g VITAMIN YO, 10g VITAMIN YP, 10g VITAMIN YQ, 10g VITAMIN YR, 10g VITAMIN YS, 10g VITAMIN YT, 10g VITAMIN YU, 10g VITAMIN YV, 10g VITAMIN YW, 10g VITAMIN YX, 10g VITAMIN YY, 10g VITAMIN YZ, 10g VITAMIN ZA, 10g VITAMIN ZB, 10g VITAMIN ZC, 10g VITAMIN ZD, 10g VITAMIN ZE, 10g VITAMIN ZF, 10g VITAMIN ZG, 10g VITAMIN ZH, 10g VITAMIN ZI, 10g VITAMIN ZJ, 10g VITAMIN ZK, 10g VITAMIN ZL, 10g VITAMIN ZM, 10g VITAMIN ZN, 10g VITAMIN ZO, 10g VITAMIN ZP, 10g VITAMIN ZQ, 10g VITAMIN ZR, 10g VITAMIN ZS, 10g VITAMIN ZT, 10g VITAMIN ZY, 10g VITAMIN ZZ.

[TECHNIQUE: PEELING PLANTAINS]

When under ripe and green (the way you'll usually find them), plantains are starchy, somewhat bland, and sweet much like a potato. As they ripen to yellow they become creamy and take on a slightly sweet banana taste, and finally when they fully ripen to black (they can very sweet and are used as a fruit). Try these tips for peeling green and yellow plantains - the black ripe plantains can simply be peeled like bananas.

- Step 1: Cut off the ends. Make four to five lengthwise cuts through the skin, trying not to cut into the flesh underneath.
- Step 2: Place in a shallow bowl, cover completely with hot tap water, and let soak for 10 minutes.
- Step 3: Soak. This removes the skin by placing your thumb underneath the cuts and gently sliding down the peel and rubbing it off the fruit. (Sound like pool?) and prepare the flesh according to recipe instructions.



Around the World in 80 Meals

Food broker Arthur Papasian brings international cuisines to your local Hanesford

BY CAROLAN FAYE JOE PHOTOGRAPH BY CARL FREEMAN



When you open Hanesford's Chinese market, ingredients from around the world can be found throughout our stores and in our well-stocked International aisle. But it wasn't so long ago that chicken alone reigned as a sure bet in our aisles. Keeping up with changing tastes are suppliers like Arthur Papasian, a local broker with more than 30 years experience who specializes in international and ethnic foods.

As Hanesford's Vice President/Gross Margin Manager of the Specialty Food Division at local business Johnson O'Hare, Papasian was in both roles of the aisle, a businessman only applying his experience to people, food and culture to bring authentic, new products to Hanesford's shelves. He remembers the year '73 Chinese food was made in Times or California 1, but is the more excited to look toward the future.

Shaping that future, he says, are factors that run the gamut from past use of mass grocers to the popularity of cable television. "I love food. I love people," he says, adding that his curiosity about different cultures makes his job particularly appealing. "International food can take a lot more passion and education than I think most grocery categories," he explains. "I became a student of the game." We asked Art to tell us how that game is unfolding.

Are ethnic and international foods appearing regularly in our people's shopping lists?

Folks who've traveled and grown so used to it, watch the Food Channel, and read magazines on these people are working at home. The best thing that happened to us in this business is cable TV channel and Nielsen say we're selling stores in LA and trying to make sure internationally.

What do you see as the most "international" influence?

Szech is number one; pasta, rice, breads. Pasta is the most important that we supply of every ethnic cuisine—it's the main opportunity if you want to appeal to the authentic international consumer.

So tell us—what is a food broker?

We act as agents for manufacturers and distributors of quality international foods and we in the game pay for representation and specialty items in the ethnic food business. I had brands and companies that differentiate Hanesford from the rest of the store. For example, I might be called to find bird, the flavors of Asian products, US network, access and introduce the supplier to this market. We bring these parties together and the customer, who becomes the end result is new and interesting foods.

Any love to Hanesford?

The brand Tropical Climate? It is the guy who thinks he knows everything, but I was still thinking Hanesford food is more than beans. Then I stumbled onto the larger, massive store of the chain in the Northeast, and he was selling only a small, independent Hanesford store. Now we're working with the Hanesford daily category manager in taking these products into the store.

Food and trends change over time.

For example, Asian cuisine seems to indicate quite a variety.

Chinese cuisine is Asian, but so are Thai and Indian. Sourcing starts up with the term Pacific Rim or Pan-Asian, but whether it's Japanese, Chinese or Korean, all are called whatever consumers want marketing large. The industry is outpacing increased growth in authentic ethnic cuisines. These categories are projected in healthy life, and live to work with in building success in home.

You've worked with Hanesford for 10 years. What changes have you seen?

Progressive companies like Hanesford with its focus on the consumer, taking more international foods into a store depends on space availability and the commitment of senior management. About five or five years ago, Hanesford did a huge expansion of the Portland Market store. In that neighborhood, there are colleges, malls and centers, and a diverse demographic. Hanesford did its research and worked to meet the needs of everyone. Asian, Middle Eastern, German, Greek, Indian. This led to expanded success in several markets. It was only a cool thing. Hanesford has great organic and natural foods departments and sophisticated produce departments. They walk the walk. I applaud them. ■

Tried and True

Two cooks add a pinch of tradition to their recipes

BY REGHAN ROWLEY LITTLE PHOTOGRAPHY BY JEFFREY MAYER

Restoring tradition is no easy task, especially when it comes to cooking. Many families can take advantage of prepared meals, and rolls of premade dough suffice for quick “fresh baked” meals. What happened to the dishes that grandpa ate while his Sunday family slept? Or the delicious cake recipe that never passed down from mother to daughter to granddaughter? This traditional cooking disappointed and today’s limited lifestyle?

Laura Johnson Inspired by Family Recipes

Traditional cooking has been lost for Laura Johnson of Missouri. “I’m based in a traditional Italian family,” Laura jokes. Laura is each meal after she was married. “While we had my mother’s food a week or so, while we were away, so she never taught us,” Laura explains. But once she married, Laura noted her mother and learned from casual cooking lessons.

Over the years, Laura learned to make family favorites passed down from her grandmother: a number of Italy, including meatballs, beans and meatless lasagna and round steak. She also passed the confidence to experiment. Passed to Italian spices and ground pork, which is a staple in her house. Laura likes to create her own dishes. “I like to try something new when my husband and I have company. If they ask for the recipe, I know I was good,” she laughs.

Laura says she prefers cooking a meal rather than a dinner, but there are two downsides she knows are common ones and needs to add a simple yet famous Italian Pie. “There’s two I serve a lot,” she says. “They’re simple, but delicious. Most of our guests aren’t familiar with them.” She credits her mother with the recipes.

“There’s nothing finer than giving someone a meal,” Laura says. “You don’t need a lot of fancy gadgets or an expensive stove... just the love to put it together.”

ITALIAN SPICE CAKE

SERVINGS

ACTIVE TIME, 30 MINUTES

TOTAL TIME, 1 HOUR

Laura and her sister refer to this recipe as “mom’s” or “Eggless Cake.” In addition to combining no-eggs, an unconventional in this it’s not baked. Honey, citrus, and spices make it a hearty and easy treat. “People always say it’s like nothing they’ve ever had,” Laura says.

- 1 cup vegetable shortening
- 2 cups brown sugar
- 2 cups hot water



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- 1 tsp. baking soda
 - 1 tsp. oil
 - 1 tsp. ground cinnamon
 - 1/2 tsp. ground cloves
 - 1/2 tsp. ground allspice
 - 1 1/2 to 2 to 3 1/2 pkg. raisins
 - 4 eggs all-purpose flour
 - 1/2 tsp. baking powder
 - 1 cup chopped walnuts
- Confectioners' sugar for garnish
Whipped cream (optional)

1 Preheat oven to 325°F. Lightly grease a 9 by 13 inch pan with vegetable spray.
2 In a large mixing bowl combine brown sugar, water, baking soda, oil, cinnamon, cloves, allspice, and raisins. Beat medium-high beat, stirring occasionally, bringing to a boil about 5 minutes. Mixture will be a dark brown, soft syrup. Once mixture boils, remove from heat and let cool for about 10 minutes (about 30 minutes).
3 In a large bowl combine flour, baking powder, and walnuts. Pour in cooled raisin mixture and mix until combined. Mixture will be quite thick and stiff. Pour into prepared pan. Bake at 325°F for 40 to 50 minutes, until a toothpick inserted in center comes out clean and surface is springy to the touch. Sprinkle with confectioners' sugar while still warm. Cool cake in pan on cooling rack for 30 minutes, then slice into squares. Serve warm or at room temperature with a dollop of whipped cream, if desired.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
PER CALORIES: TWO CARBOHYDRATES, NO PROTEIN,
FOUR FAT, ONE ALCOHOL, TWO CHOLESTEROLS,
SEVERAL FIBERS, SEVERAL

RICOTTA PIE

SERVES 4

ACTIVE TIME: 15 MINUTES

TOTAL TIME (including 30 minutes)

Ricotta pie is a traditional Italian dessert in light yet rich. Learn how to make the pie also works with low fat ricotta cheese.

- 3 cups ricotta cheese
- 3 eggs



- 1 tsp. vanilla extract
 - 1 tsp. nutmeg
 - 1 tsp. cinnamon
 - 1/2 cup water
- Fresh raspberries for decoration

1 Preheat oven to 300°F. Grease a 9-inch pie pan with vegetable spray.
2 In a large bowl combine all ingredients and beat using a wooden spoon or an electric mixer on medium-high until well combined and smooth, about 3 minutes.
3 Pour into prepared pan and bake at 300°F for 30 to 60 minutes. Pie will be light golden brown around the edges and slightly jiggly in the middle. Cool 30 minutes. Serve warm or cold, garnished with fresh raspberries, if desired.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
PER CALORIES: TWO CARBOHYDRATES, TWO PROTEIN,
NO FAT, TWO CHOLESTEROLS, SEVERAL FIBERS,
SEVERAL ALCOHOL, SEVERAL

Christmas Marsh-Mallows A Lake of Home

Christmas Marsh-Mallows also enjoys sharing food with family and friends. A native of southern Germany now living in Vermont with her husband and dog, Christine tries to make every meal special. "I am a true believer in the eye also eats as I always make an effort to have the dishes I prepare look appealing," she says. Influenced by both her mother and grandmothers skills in the kitchen, Christine learned some basic cooking with her family when she was growing up in a small town near the Austrian border. Later, she worked in hotel management which provided plenty of experience in the kitchen of many fine German-style hotels.

"I improved my cooking knowledge and skills," she says. "and is the same now." I became even more interested in not just traditional German cuisine, but any type of cuisine."

(all) with a taste for the flavors of her homeland. Christene offers one option of special treats from Germany that are very different from those she can find locally. "I'm using organic produce as much as possible since there is a lot of pesticides out there. And I try to stay true to my heritage and create traditional Bavarian cuisine with a little twist," she says. Her favorite Apple Fritters, which she makes with German Smith apples, are popular with friends and family.

Christene says cooking is not as hard as it sometimes seems. "She doesn't worry about exact measurements or specific ingredients when screwing recipes. Some times you just add the amount you think is right and even change some ingredients," she says. "It can be so much fun."

BAVERISCHE APFELKÜCHEN (BAVARIAN APPLE FRITTERS) WITH CINNAMON WHIPPED CREAM

SERVES 4

ACTIVE TIME: 30 MINUTES

TOTAL TIME: 40 MINUTES

These fritters, pronounced *hey ruh uh ap-fel koo-chen*, are a Christmas or holiday treat in the Austrian Alps, where her grandmother would bake. She says these traditional Bavarian treats are delicious, "and especially good with a scoop of vanilla ice cream or, even better, cinnamon whipped cream." They are best served warm.

Note: A deep fat thermometer is very useful for deep frying. Be sure to check that your oil

is at 375° to 377° before you begin. This will prevent the food from absorbing too much oil.

Cinnamon Whipped Cream

- 1/2 cup heavy whipping cream
- 1 Tablespoon brown sugar
- 1/4 teaspoon cinnamon

Apple Fritters

- 1 cup all purpose flour
- 3 Tablespoon sugar
- 1/4 teaspoon salt
- 1 cup cold pale beer
- 1/2 cup vegetable oil
- 2 large apples, peeled, halved lengthwise, cored, and sliced about 1/2 inch thick
- Cinnamon brown sugar for dusting

1 Prepare cinnamon whipped cream. Put cream in a medium bowl and use an electric mixer on medium speed to beat until thickened. Sprinkle in cinnamon sugar and cinnamon and continue beating until almost stiff. Be careful not to over beat. Refrigerate, covered, until fritters are ready to serve.

2 Prepare fritters. In a medium bowl stir together flour, sugar and salt. Then add beer and whisk to combine.

3 Heat oil in a 5 quart heavy pot until a thermometer registers 375° or use a deep fryer. When oil is hot, dip apple slices in batter, shaking off excess, and fry until golden brown. Fritters will start to pull up and crisp almost immediately and will rise to top of oil. Turn over once with a spoon and continue cooking till golden. Lift fritters with a slotted spoon and place on paper towels to drain. Transfer to a plate and serve warm with a dollop of cinnamon whipped cream and a dusting of cinnamon sugar.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
CALORIES: 160; CARBOHYDRATE: 40g; PROTEIN: 10g; FAT: 10g; SATURATED FAT: 2g; CHOLESTEROL: 10mg; SODIUM: 100mg.

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BAVERISCHE APFELKÜCHEN
(BAVARIAN APPLE FRITTERS)



An Inspired Greek Meal

Traditional tastes from an ancient land

BY PHIL HEATHERY PHOTOGRAPHY BY LARI PRIBELBY

During spring and early summer in Greece, wildflowers, chamomile, poppies, and greens of orange and lemon blossom perfume the ever-changing landscape. At every corner, country Greeks stroll the citrus-and-floral countryside.

The warm days come with meals, where meals are enjoyed in a leisurely pace. And since Greeks find popping hot food unappealing and unwholesome, many dishes and menus can be had on the table all together without a worry of keeping them hot, and served family style. Instead of a

dinner plate, everyone has dinner using small plates and conversationally filling them with morsels from large platters.

Simplicity and ancient tradition are as intrinsic as Greek culture, which has survived essentially unchanged since the time of Socrates. Chickpeas, for example, go back to the Bronze Age, when Greeks joined the legumes in as Italy, Spain, and other lands surrounding the Mediterranean. They can be cooked in a variety of ways from simmering to roasting.

And like (or not like) a hearty chicken soup, has become traditional Sunday fare on

the island of Ithaca. The basic recipe is used throughout Greece with slight variations. In one of the many ways Taste of Inspiration® products can contribute to its tradition, Greek meal, we adapt this exceptional soup with a springtime twist—a generous handful of poppy, limoncello, and orange.

Another spring-green spinach salad uses the traditional Greek rice pilaf. Again, because for its simplicity, spinach rice serves as a foundation for more dramatic dishes, serving veal to add their favorite eggs, drama. Add eggs and cheese to the basic recipe, and you can transform the pilaf into a spinach and rice pie.

No springtime Greek feast would be complete without lamb. And as tribute to Prometheus, the giver of fire, a lamb dish passed throughout Greece goes directly on the grill like a bath of olive oil and lemon juice. Small lamb chops for *proskitis* (or the hot-baked and doused with herb butter) are a way to the corner of the table.

Since afternoon naptime can occur during summer in Greece, it's a bonus that these dishes won't overheat the house or melt down. The soup and pie can be prepared well in advance, refrigerated, and quickly reheated. The lamb chops are prepared traditionally and finished in minutes.

Greeks tend to live near their place of work, and many still observe an afternoon "nap" time, when businesses close and mothers go to a taverna or home for lunch. After a rest and last afternoon, they return to work. Families then go for a stroll, often stopping for a pedestrian meal, and settle down for a hot dinner. They usually skip dessert, serving honey-soaked pastries like *baklava* for holiday celebrations. For a Greek vacation at home, try shaking up your schedule and enjoying the company of friends for this traditional Greek meal.



CONCLUSIONS

Abstract

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3. Add water or broth and bring to a boil. Add rice and ½ cup of the salt mixture. Uncovered, stirring occasionally until rice is done, about 15 minutes. Add sprouts one bag at a time, stirring mixture over and over until all sprouts are soft and combined. Drain on a colander for 5 minutes.

4. In a large bowl, lightly beat eggs with cheese and creaming. To keep mix as light as possible, fold creamed cheese mix and air into the combine. Transfer must mix to pre-pared pan pan, spreading it out and smoothing top with a spatula. Place pan on middle rack of oven and bake at 400°F for 30 to 40 minutes, until cheese firm. Allow to cool for at least 10 minutes, cut into wedges and serve hot or at room temperature.

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1. *Journal of the American Medical Association*, 1997; 278: 1039-1044.

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1. Grate rest of two of the lemons into a medium bowl. Squeeze juice from 2nd lemon, stirring remaining half lemon, and add to rest along with olive oil. Mix well, then pour into a large resealable bag. Add lamb chops and seal bag, turning to coat lamb with marinade. Marinate 1 hour at room temperature.

© 2004 Blackwell Publishing Ltd, *Journal of Internal Medicine* 255: 101–108

2 Prepare a medium hot grill. Remove hard chops from marinade and clean thoroughly with orange. Grill 3 to 4 minutes per side for rare and 5 to 6 minutes for medium rare, or until desired doneness. Remove when done and place on a serving platter covered with foil or on a warm oven (200°F) to rest about 10 minutes.

21. To serve, spoon any juice from the pitcher over shrimp and separate pieces of meat using ½ human size (large) disposable forks and paper plates and serve immediately garnished with lemon wedges.

APPROXIMATE SALFATURAL VALUES PER LITRE OF THE FOLLOWING SOLUTIONS:

THE FOLLOWING TABLE INDICATES THE PROPORTION AND THE CORRESPONDING TITRATION VALUE FOR EACH OF THESE SALT SOLUTIONS.





PASSAGE TO INDIA

Spice, rice, and wonderful aromas make everyday meals exotic

By Eva Kottz

Photography by Richard Jung

The wonderful variety of flavors found in Indian food is as dazzlingly diverse as the people themselves. A densely populated country (nearly one third the size of the U.S. with a population of 1.1 billion), India is home to multilingual cultures and followers of at least seven religions. More than 18 major languages are in common use, and a whopping 1,800 minor languages are spoken. Nothing exemplifies this diversity more than the vibrant and lively intermingling of flavors in traditional Indian food.

One thing all Indian dishes have in common is a complex array of spices. Although cooking styles vary dramatically across regions, villages, and households, it's the spices that give Indian food its characteristic bold and vibrant flavors. Another strong influence is a long tradition of vegetarianism, prompted in part by India's Hindu and Jain communities. Approximately one third of the people of India are estimated to be vegetarians, so it's no surprise that vegetarianism has not just been developed to a fine art

— it's even becoming the inspiring idea for your next vegetarian cooking. Indian dishes can be a flavorful addition to your repertoire.

In many Indian families, everyday meals are no dinner affairs. Unlike Western tables, where meals center on a main dish, Indian meals may have two or three meat or vegetarian dishes — but they're not the focal point of the meal. Rather, they serve as an accompaniment to rice or breads and are eaten alongside robust chutneys and dals, a name that refers to dishes made with any of the dozens of varieties of lentils and beans enjoyed in India.

Yogurt is often served with meals, a cooling counterpoint to hot or spicy foods. It's also the base ingredient for salsa (yakhni), a dish with infused creaminess, some vinegar, and salt. Raita can include fresh or shredded vegetables and herbs such as cilantro or mint. The rice of choice is basmati, an aromatic long-grain rice that smells like baking bread or burning, such as a candle.

With a few spins on hand, which are all available in our store now, you can capture the flavors of Italian food. We offer a complete menu with a traditional preparation: Deep-fried Cheese Sticks that are tasty items served with a homemade chunky vegetable. Beyond Out-on-the-out makes the most of Italian meat while the Italian Fish in Tomato Sauce or Cold Whitefish for main also is a nod to the coastal regions of Italy. After that, a slow cooked pork shoulder, offers a little southern flavor to the end.

Age Group	Percentage
18-24	10%
25-34	15%
35-44	20%
45-54	25%
55-64	30%
65-74	35%
75-84	40%
85+	45%

The lightly-spaced, smooth rails come from the biggest logs in logs and limbs and a great hit for the mid link. One major rule for track-wise Wims: the widest Wims can be used instead. So sure to choose a you'll find decent, common, research or global — it will make the same in many and that's

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1. Combine carrots, oil, and ½ cup salt in a small bowl. Put fish dry with paper towels and season both sides with carrot mixture. Dip fish fillets into flour and shake off excess. Heat 2 cups oil in a large nonstick skillet over medium-high heat until shimmering. Add half the fish fillets to skillet and cook until lightly browned, about 60 to 80 seconds per side. Carefully transfer fish to a platter and treat each fish. Add another 2 cups oil and repeat with several batches.
2. Reduce heat to medium and add remaining 2 cups oil to pan along with onion. Cook until onion is golden brown and salt about 4 minutes. Add ginger and garlic and cook until fragrant, about 1 minute. Add parsnips, carrots, and cucumber and cook for an additional 30 seconds. Warm papaya, half the peppers, and remaining ½ cup salt and cucumber 1 minute; has thickened slightly and flavors have melded, about 1 to 2 minutes. Thinly slice onion to a blender or food processor and pulse until smooth.
3. Return fish to pan and cover with sauce. Season gently over medium heat 2 to 3 minutes (if cooking through, about 8 to 9).

CONCLUSIONS

"Curry" is a word that lends far-ranging associations—often—originally with curry, "spiced" does not necessarily hold, but rather a generalization of several spheres that encompassed each other, and I for friends living in Australia, in using "curry" as a space word called attention to what is at stake in global events, but also to the space

There are countless natural and human-induced agents that can alter the expression of genes. In addition, many genes are regulated by other genes. The study of gene regulation is a rapidly growing field, and it is one of the most exciting areas of research in biology today.

1997年12月1日

These savory deep-fried french fries are excellent served as an Indian meal, but are also great served as part of the main meal. The recipe can be doubled (though you won't need to double the amount of oil used for deep-frying). These can best served freshly fried, but they can be made ahead of time and reheated in a 375°F oven for 10 minutes.

¹ (Mol. wt. 1,000 g/mol) of homopolymer, preferably (C₁₀H₈)₂SiO₂.

- 1 jalapeño pepper seeded and sliced
- 1/2 red bell pepper seeded and sliced
- 1 clove garlic minced
- 1 Teas. minced fresh ginger
- 2 Teas. brown sugar
- 2 Teas. olive oil
- 4 lbs. pork

1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 2680, 26

- 1/2 cup all purpose flour
- 1 tsp. baking powder
- 1/2 cup sugar or pepper
- 1/4 cup ground flaxseed (2)
- 1/2 cup ground coffee
- 1/2 cup milk
- 1 egg, lightly beaten
- 1/2 cup water

version, if you have a plot printer you can also print out an ink line drawing.

- | | |
|----|---------------------------|
| 75 | 1 sq. ground all direct |
| 76 | 1 sq. ground all indirect |
| 77 | 1 sq. ground direct |
| 78 | 1 sq. ground black pepper |
| 79 | 1 sq. ground cummin |
| 80 | 1 sq. ground coriander |

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vegetable medley
from the book, *Vegetables*

1. large yellow onion, chopped (about 2 cups)
2. 1/2 cup chopped tomatoes
3. 1/2 cup vegetable oil for deep frying

1. Make chutney: In a small saucepan combine all chutney ingredients and bring to a simmer over medium-high heat. Reduce heat to low and simmer until all liquid has evaporated and mixture is very thick, about 25 to 30 minutes. Transfer mixture to a small bowl for serving and set aside to cool to room temperature.

2. Prepare bhajis: In a large bowl, whisk together flour, baking powder, cumin, salt, onion, coriander and oil. In a separate bowl, whisk egg and water together. Make a well in center of flour mixture and add liquid ingredients. Stir to make a smooth batter (it's OK to have a little lumpy). Batter will be the consistency of loose oatmeal.

3. In a large, heavy-bottomed pot, heat oil over medium-high heat to 375°F. A candy thermometer is useful for monitoring temperature. There will be slight ripples on the oil. Scoop heaping teaspoonfuls of batter and

drop into hot oil. Fry in batches for about 1 minute per side or until each side is crisp and golden. Remove bhajis with a slotted spoon and place on paper towels to absorb any excess oil. Remove oil from to 375°F after each batch of bhajis. There should be about 10 to 12 bhajis. Serve hot with tomato-chutney chutney.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
PER CALORIES AND CARBOHYDRATE SOURCES
DO NOT USE UNHEATED OILS OR UNHEATED, RAW OR UNWASHED VEGETABLES

VEGETABLE BIRYANI WITH SIMPLE RAJIA

SERVES 4

ACTIVE TIME: 30 MINUTES

TOTAL TIME: 1 HOUR 30 MINUTES

Biryani is a traditional Indian version of rice pilaf made with basmati rice. This vegetable biryani is a great accompaniment to the large Dale Makhani (Mango Pickle) or Ragout

biryani. Biryani is delicious enough to be served as a meal in itself. Have a yogurt-based raita as a cooling accompaniment for spicier dishes, and there are several versions, one made with cucumbers is the most common and just lovely.

The rice can be made ahead of time, transferred to a baking dish with the onion and tomatoes covered, and refrigerated. When ready to serve, reheat, covered in foil in a preheated 350°F oven for 20 minutes.

Simple Raita

- 2 cups any plain, unseasoned yogurt
- 1/2 tsp salt
- 1/4 tsp cumin
- 1 cucumber, peeled, seeded and sliced

Vegetable Biryani

- 4 whole garlic
- 1 Tbsp. mustard seeds (about 1/2 cup)
- 1 jalapeño pepper, seeded and chopped
- 1/2 small onion, cut into chunks
- 1 egg, beaten (about 1/2 cup) (see "Egg Fried" on page 10)
- 1/2 cup ground coriander
- 1/2 cup ground turmeric
- 2 Tbsp. water

Rice

- 2 Tbsp. vegetable oil (about 1/2 cup)
- 2 medium onions, finely sliced
- 4 whole cloves
- 1/2 cup (1/2 cup) cinnamon sticks
- 1/2 cup (1/2 cup) whole coriander seeds (about 1/2 cup)

- 1 small (small) pot, heated and oil hot
- 1/2 cup (1/2 cup) whole coriander seeds (about 1/2 cup)
- 1 small (small) pot, heated and oil hot
- 1/2 cup (1/2 cup) whole coriander seeds (about 1/2 cup)

- 1/2 cup (1/2 cup) whole coriander seeds (about 1/2 cup)
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- 1/2 cup (1/2 cup) whole coriander seeds (about 1/2 cup)

1. Prepare rice: In a medium bowl, stir together oil and rice. Add salt and onion, mixing well. Then stir in cucumber. Cover well and refrigerate until ready to serve.



2. Preheat oven to 350°F and adjust oven racks to center position. Combine all ingredients in a food processor or blender, and pulse to form paste. Shape into a small ball and set aside.
3. Preheat oven. Heat 3 Tbsp. oil over medium-high heat in a large nonstick pot or Dutch oven until shimmering. Add onions and cook, stirring frequently until soft and dark brown around edges about 7 to 10 minutes. Transfer onions to bowl.
4. Heat remaining 2 Tbsp. oil over medium heat with clove and cinnamon stick. Cook until cinnamon stick begins to sizzle, about 1 to 2 minutes. Add spice paste and cook until paste begins to stick to bottom of pan, about 2 to 3 minutes. Add cauliflower, sweet potato, and turnip and cook until vegetables are thoroughly coated with spice paste, about 1 minute. Add rice and stir to coat, about 30 to 60 seconds.
5. Add carrots or zucchini, water, and salt and stir to combine. Bring to a boil, then

cover pot, transfer to oven, and bake at 350°F until rice is cooked, about 30 minutes. Remove from oven, stir in green herbs, and let sit for 10 minutes. Transfer mixture to a serving dish and scatter pine nuts and almonds on top. Serve immediately. Stir into and serve in a bowl, as the side.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
100 CALORIES, 19G CARBOHYDRATE, 17G PROTEIN,
10G FAT (1G SATURATED, 10G MONOSATURATED,
5G POLYUNSATURATED), 10MG CHOLESTEROL,
10MG SODIUM, 10MG FIBER.

CARDAMOM AND PISTACHIO KHEER
SERVES 4
ACTIVE TIME: 10 MINUTES
TOTAL TIME: 2 HOURS 30 MINUTES (INCLUDES
CHILLING TIME)

This Indian version of rice pudding is rich, creamy, and lightly perfumed with cardamom. It may seem like a lot of milk

for a small amount of thick, fatty, cooked rice, considerably.

- 1/2 cup whole milk
- 1/2 cup basmati rice
- 1/4 cup salt
- 1/4 cup sugar
- 1/4 cup ground cardamom
- 1/4 cup crushed pistachio nuts, roughly chopped

1. Bring milk and salt in a large heavy-bottomed pot over medium-high heat. As soon as it boils, add rice and stir and reduce heat to maintain a gentle simmer. Stirring, uncover, stirring occasionally to keep mixture from sticking, until grains thick and creamy about 1 hour, 30 minutes. A thin layer forms periodically on top of mixture; simply stir it back in. Pudding is ready when large spoonfuls of rice mixture drag slowly off a spoon and stay put. Pudding will thicken when cool.
2. Add sugar and cardamom and stir until sugar is dissolved. Transfer to a bowl and let cool to room temperature for about 20 minutes, then cover with plastic wrap and refrigerate until chilled about 2 hours or overnight. (Alternately, divide among six dessert bowls, cover each, and chill for 1 hour.) When ready to serve, divide mixture among six dessert bowls and top each with chopped pistachio nuts.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
200 CALORIES, 21G CARBOHYDRATE, 10G PROTEIN,
10G FAT (1G SATURATED, 10G MONOSATURATED,
5G POLYUNSATURATED), 10MG CHOLESTEROL,
10MG SODIUM, 10MG FIBER.


She is a former award-winning and contributing editor at Cook's Country magazine.

INDIAN PANTRY

For following are common Indian pantry

Indian Millets

- Cardamom
- Cinnamon
- Coriander
- Fenugreek
- Mustard seeds
- Turmeric
- Green
- Bay leaves
- Cloves
- Curry
- Ginger
- Poppy seeds
- Sesame seeds
- Jaggery



Pistachios add crunch to this rich and creamy rice pudding, lightly perfumed with cardamom.





GRILLED RED PEPPERS WITH GARLIC BUTTER

GRILLED SQUID (CALAMAR)

GRILLED AND COOLED FISH WITH MAYONNAISE

GRILLED (GRANDMA) STUFFED KALE

tapas ✨ reign in spain

In Spain, tapas are so much more than hors d'oeuvres. They're a cultural calling card.

Spaniards have a reputation for socializing, and much of this socializing occurs at bars, over drinks and plates of nibbles called tapas. Tapas are thought to have originated in late, dry Andalusia, Spain's southwestern region, the center of sherry production, and the purported birthplace of flamenco music and dance. Herein sherry vinegars were stirred into meaty stews, butchers set aside a slice with a small snack — often only in square containers that farm-fresh barkeepers found the best way to fit the snacks onto the sherry glasses to prevent truly flat and flat. This is how born tapas, from the Spanish word *tapar*, meaning “to cover.”

In different words, *antipasto*, newly arrived here to Spain to segue a selection of tapas. In fact, the crowd from bar to bar, made regularly by Spaniards of all ages, is known as the *tapeo*. In Spain, tapas denote the concept of “bar food” in a whole new level. These small portions, served hot, cold, or even temperature, are meant to be shared. Tapas vary widely in complexity, such regional specialties. They might be a simple offering of a few olives, a slice of jamón (cured ham) — dry-cured, aged ham similar to Italian prosciutto, a wedge of Manchego cheese, or more demanding productions like deep-fried croquettes or *fabada* (heavy stew). Other possibilities include marinated whole, skewers of grilled meat, or steamed, sautéed, fried almonds, and stuffed, hard-boiled eggs.

By Adam Reed. Photography by Mark Perri

1999, an alien thought of us as humans and made things you can combine several clothes to create a whole new "we" we have. Some tops have changed in chemistry of the game. Dishes such as our Spicy-Coriander Shrimp, Marinated Roasted Red Peppers, and Potatoes in Garlic. Many now play off the Spicydness level of garlic and phenolic olive oil. Some - but I think not shared - figure heavily in Spicydness ranking. We sample these here in our Chelapeque in Shredded Chicken Salad. And most are even popular with vegetarians and nonbeef eaters. In some forms.

Tigons are indeed too fast, but they're so much more. They're a sharply engineered breed in form. Being the fivers seems like we wish their creeps, accompanied by bursts of speed and choice, and prevent them on a table outside to celebrate the mild weather of late spring and early summer. I suppose we're not too far from the perhaps some story and songs, plus the music, and once a casual house, more



RESEARCH ARTICLE | OPEN ACCESS | EDITED BY

Figure 1 consists of four bar charts arranged in a 2x2 grid. Each chart represents a different level of agreement with the statement 'The government should do more to help people who are struggling financially'. The y-axis for all charts is 'Percentage of respondents' ranging from 0 to 100. The x-axis for each chart is 'Level of agreement' with categories: 'Strongly agree', 'Somewhat agree', 'Somewhat disagree', and 'Strongly disagree'. The data is as follows:

Level of agreement	Strongly agree	Somewhat agree	Somewhat disagree	Strongly disagree
Strongly agree	~85%	~10%	~3%	~2%
Somewhat agree	~75%	~20%	~3%	~2%
Somewhat disagree	~65%	~25%	~8%	~2%
Strongly disagree	~55%	~30%	~12%	~3%

[illegible]

Many Spanish cooks choose prepared saucés by adding extra saucés either oil along with the garlic and vinegar but we're taking a lower fat route by adding some of the saucés in which the sausage cooks.

spraying them with a hose while you slip off the house slats with a pry bar. Cut permanent wire 1 inch diagonally across them in the post, sprinkle with 2 tsp. vinegar and mix.

- 3) Is red-tailed phalarope (adult) considered
 - 1) Exp. and/or to test?
- 4) Exp. while alive younger
 - 1) Exp. required or reduced for any reason?
 - 2) End-use parts, tissues, entered?
- 5) Exp. freshly-ground black pepper or to test?
 - 2) Tissue consumed fresh variety

E. Whisk mayonnaise, garlic, remaining 1 1/2 tsp. vinegar, and pepper in a large bowl. Add 2 tsp. reserved potato cooking water and whisk to form a mayonnaise (mayonnaise should be similar in appearance to mayonaisse you still see in salad). Add additional potatoes to the bowl. Add potato to chicken and gently fold into mayonnaise to blend. Add poultry seasoning with extra salt and pepper if desired. Use to combine and serve warm or at room temperature.

8. In a large, deep, open-sided pot, cover with water 2 inches above tops and bring to a boil over high heat. Add 1 cup salt; adjust heat to medium-low, cover pot, and simmer for 15 minutes. Remove from heat and leave potatoes in water until they are tender (about 30 minutes). Drain them with a pouring bowl with hole (measured) about 10 minutes longer. Remove ½ cup of the cooking water and set aside. Then drain potatoes. While potatoes are still hot, pour 4 cups hot

[illegible]

WILLIAM STUBBS, 1857-1936

2020年12月15日 星期二 12:00:00

Abstract

Keywords: child sexual abuse; disclosure; social support



These peppers look terrific as they are on a cracker or on a slice of baguette. But they also shine in combinations with other tasty tidbits. Try a few rings as a topping for a slice of ham, a piece of chicken, or on a cheesy pizza. Or a few sandwiches as a fragrant slice. If you're pressed for time, use roasted peppers from a jar or salad bar. The peppers keep well in an airtight container in the fridge, but bring them to room temperature *again* before serving.

- 4 medium-large red bell peppers, scrubbed
- 3 Tbsp extra-virgin olive oil
- 3 Tbsp cherry vinegar
- 1 small garlic clove, minced
- 1 tsp minced fresh thyme or oregano or ½ tsp dried
- ½ tsp salt
- 3 Tbsp chopped fresh parsley

1. Adjust oven rack to very top position and preheat broiler. Line a large rimmed baking sheet with foil. Slice about ½ inch off top

and bottom of each pepper, leaving stems from top portions and pull out core of each pepper and discard. Sit each pepper flatly from top to bottom, lay a skewer down one side, surface and open it like a book. Cut out ribs and remove seeds. Lay peppers broiler-top and bottom, press them side up on baking sheet, and broil on large grates with palms of your hand.

2. Roast peppers until spotty (bumps about 5 minutes), then rotate pan and continue broiling until skin is charred and puffed (skin should still be reasonably firm) about 3 to 5 minutes longer. Remove peppers from oven immediately transfer to a medium heat-proof bowl, tightly cover bowl with plastic wrap, and allow peppers to steam in the cool, about 25 minutes.

3. Remove and discard pepper peris (base of the peel will slip off easily but you may need a paring knife to remove a little) and flesh was scraped above in each side, and remove peppers to bowl with their juices.

4. In a small bowl combine oil, vinegar, garlic, thyme or oregano and salt, mixing well, then pour over peppers and mix to distribute. Marinate at room temperature for at least 1 hour, then add parsley and serve.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: CALORIES 160; CARBOHYDRATE 16g; PROTEIN 1g; FAT 10g; SATURATED FAT 2g; CHOLESTEROL 0mg; FIBER 2g; SODIUM 100mg.

CHICKPEAS IN SHREDDED ONION SAUCE

SERVES 4
ACTIVE TIME 25 MINUTES
TOTAL TIME 35 MINUTES

Onions cooked till golden, back remains and sherry, the Spanish favorite of choice, combine to create a sunny burst of flavor for chickpeas. This dish means even better if you allow it to sit for about 15 minutes before serving.

- 1½ cups extra-virgin olive oil
- 1 large onion, quartered and thinly sliced (about 1 cup)
- 1 medium garlic clove, minced
- 1½ tsp paprika
- 1 pint cherry or grape tomatoes, halved (about 1 cup)
- 1 cup pinto dry sherry
- 1½ cups extra chickpeas, rinsed and drained
- 1 tsp salt or to taste
- 1 tsp freshly ground black pepper or to taste
- 2 Tbsp chopped fresh parsley

1. In a large saucepan, stir in olive oil over med-low-high heat until it shimmers. Add onions, adjust heat to medium-low and cook, stirring frequently until onions are soft and pale gold, about 10 minutes. 2. Add garlic and paprika and cook, stirring until fragrant, about 30 seconds. Add tomatoes and cook, stirring occasionally until they soften and give up some of their juice, about 2 minutes. Add sherry and to combine, and cook until flavors have blended, about 10 minutes. Add chickpeas, stir to combine, cover pan, and cook



SPANISH PANTRY

The following list is an approximate

shopping list for 100 guests:

- 1 cup oil
- 1/2 cup vinegar
- 1/2 cup salt
- 1/2 cup sugar
- 1/2 cup onion
- 1/2 cup garlic
- 1/2 cup olive oil
- 1/2 cup salt
- 1/2 cup vinegar
- 1/2 cup sugar

Below are the ingredients for the pork and apple. You'll need two-thirds to hold the sausage slices and fig halves together.

- 1 cup red wine vinegar
- 1/2 cup sugar
- 1 cinnamon stick
- 1/2 white clove
- 1/2 salt leaves
- 1/2 lb. about 100 dried figs (some common dried figs)
- 1/2 Tbsp. oil
- 1/2 lb. about 1/2 inch long sweet Italian sausage
- 1/2 cup dry red wine
- 1/2 cup low sodium chicken stock
- 1/2 cup tomato paste
- 1/2 lb. salt
- 1/2 lb. freshly ground black pepper

1 In a large saucepan combine vinegar, sugar, cinnamon stick, cloves and bay leaves. Bring to a boil over medium-high heat then reduce heat and simmer until the jam is completely until sugar is totally dissolved. Add figs, strain to a ball (because the jam is completely covered and the jam is low heat for 15 minutes). Remove pan from heat and let figs cool to room temperature for at least six hours, preferably overnight.

2. Add figs, strain to a ball (because the jam is completely covered and the jam is low heat for 15 minutes). Remove pan from heat and let figs cool to room temperature for at least six hours, preferably overnight.

3. Add figs, strain to a ball (because the jam is completely covered and the jam is low heat for 15 minutes). Remove pan from heat and let figs cool to room temperature for at least six hours, preferably overnight.

3. Pour off the from skillet and discard. Then add more sausage heat to high and use a wooden spoon to scrape bottom of skillet and remove the sausage and liquid has reduced by half. About 15 minutes. Add chicken stock and tomato paste, which to combine and continue cooking until liquid has again reduced by half. About 15 minutes. Add 1/2 Tbsp. of fig cooking liquid, salt and pepper and continue cooking to melt cheese and heat through. About 1 minute. Pour sauce into a large baking dish and spread evenly until the bottom with a rubber spatula. Sausage should be enough sauce to just coat bottom of dish.

4. Cut away from slices of each end of each sausage and discard. Cut sausage

into 1/2 inch slices and lay them flat on work surface. Top each slice with a more sliced fig half, press each sausage and fig stack with a wooden spoon and transfer to baking dish. Cover dish loosely with foil and bake at 350°F until sausage and figs are warm, about 10 minutes. Serve immediately.

approximately 10 minutes. You'll be serving approximately 100 guests. You'll be serving approximately 100 guests. You'll be serving approximately 100 guests.

Produce Just and travel writer Adam Reid is the author of *Produce Just* and the author of *Produce Just*.



Real French Real Easy

{ For a magnifique meal
that lets you have it your
way, cook up some crêpes }

Crêpes are a familiar dish with a certain *je ne sais quoi* that brings French culture right into your American kitchen. These ultra-thin pancakes originated in the seaside region of Brittany. But today, crêpes can be found throughout France, especially as street food and in casual crêperie restaurants. The ingredients are simple: flour, milk, eggs, butter, and a little bit of salt, with variations. Sometimes the liquid includes water, the fat, olive oil, and the flour, buckwheat. Sugar sweetens the dessert crêpes.

By Amy Tarpey
Photographs by Helen Gilman



As the basis for a great crepe, we find fairly versatile. Crêpes used for savory fillings are called *crêpes salées*, while sweet crepes can be known as *crêpes sucrées*. Folded with a circle of syrup, rolled with an egg, or sprinkled with blueberries, crêpes make pleasing breakfast fare. They can be rolled into a crepe shape around more substantial fillings, such as vegetables, meat, or seafood. They can be enjoyed as a lunch or dinner entrée, served individually or plated on a pan, sautéed, and baked. A dessert crepe can be a simple affair such as lemon or orange crêpes. Sauté or stuffed with chocolate-hazelnut spread, an elegant yet easy-to-prepare glaze drizzles (crêpes called *crêpes de la Reine*) topped with jam and sliced fruit.

In creperies, a round, cast-iron griddle is used for preparation. The batter is poured on the cooking, smooth surface and swept out in an arc with a wooden ruler. The crepes efficiently flipped and served with

a long, straight, and metal spatula can be as large as 10 inches.

But crepes can easily be made at home — the only equipment you'll need is a stove-called skillet, preferably nonstick or well-seasoned cast iron. A smaller 6- to 7-inch pan is easier to work with, but you can also use larger skillets.

The variety of crêpes here is inspired by traditional French cooking. There's the French Breton-style buckskin egg and ham crêpe, an asparagus crêpe with creamy mushrooms, and sausage-flecked crab crêpes. The vibrant, color-rich flavor of portmousses and oranges makes a crêpe that pairs well with a light, summery dessert.

The easiest way to prepare crêpes is to make a large batch ahead of time and keep them on hand as the fridge or freezer. They're a great canvas for creativity in the kitchen — just about anything, from traditional fillings to bifurcated, goes well with them that provides. Don't be afraid to

explore — a small crepelet such as a spinach with feta filling, or spicy sausage with chorizo — crepes can be fresh as they are delicious. Bon appétit!

ADAPTED BY ANDREW
MUSKOGEE CRÊPES
SERVES 4 TO 6 CRÊPES
ACTIVE TIME: 15 MIN
TOTAL TIME: 1 HOUR 15 MINUTES

Asparagus and mushrooms have a natural affinity for one another. This crepe can be made with our standard domestic mushrooms, but try the recommended assortment of wild mushrooms for a variety in taste and texture.

Yield: 10 crêpes (with 10 mushrooms and 10 eggs)

1. Prep: 15 minutes
2. Cook: 15 minutes

Basic Crêpes

MAKES 10 CRÊPES
ACTIVE TIME: 1 HOUR 15 MINUTES
TOTAL TIME: 1 HOUR 15 MINUTES
INCLUDES: 10 CRÊPES

Crêpes can be made in advance and kept refrigerated for a few days, or frozen for up to a month.

1. Prep: 15 minutes
2. Cook: 15 minutes

1. In a large bowl, whisk together the flour, salt, and sugar. In a separate bowl, whisk together the milk, eggs, and oil. Pour the milk mixture into the flour mixture and whisk until smooth. Let the batter rest for 10 minutes. Heat a 10-inch skillet over medium heat. Pour a small amount of batter into the skillet and spread it evenly. Cook for 1-2 minutes, then flip and cook for another 1-2 minutes. Repeat until all the batter is used. Let the crêpes cool on a wire rack.

2. Lightly whisk the egg, oil, and cream. Pour the mixture into the skillet and spread it evenly. Cook for 1-2 minutes, then flip and cook for another 1-2 minutes. Repeat until all the batter is used. Let the crêpes cool on a wire rack.

3. When ready to cook crêpes, heat a 10-inch skillet over medium heat. Pour a small amount of batter into the skillet and spread it evenly. Cook for 1-2 minutes, then flip and cook for another 1-2 minutes. Repeat until all the batter is used. Let the crêpes cool on a wire rack.

4. Top the crêpes with the desired filling. For example, you could top a crêpe with a small amount of butter, a small amount of jam, or a small amount of fruit.

5. Transfer the crêpes to a plate. Repeat steps 1-4 until all the batter is used. Let the crêpes cool on a wire rack.

6. For dessert crêpes, add a small amount of jam or fruit to the crêpes.

7. For savory crêpes, add a small amount of cheese or meat to the crêpes.

- 1 small onion, finely chopped (about ½ cup)
- ½ tsp salt
- 1½ cup low sodium vegetable broth
- ½ cup heavy cream
- ½ tsp freshly ground black pepper
- 1 Tbsp. instant gelatin
- ½ Tbsp. chopped parsley
- 2 cooked crêpes
- Lemon slices for garnish (optional)

1 Place a cucumber halved or zucchini in a large pot. Add 2 inches of water. When water boils, lay asparagus in basket. Reduce to a simmer. Toss onion and cream asparagus and allow to simmer under about 8 minutes. Alternatively, place asparagus in a glass microwave safe pan. Cover with plastic wrap and cook on high for 4 minutes. Remove asparagus to bowl of ice water to stop cooking. Cool, drain, and set aside.

2 In a large sauce pan, melt butter and add mushrooms, onion, and salt. Saute until mushrooms and onion are lightly browned about 4 minutes. Whisk in broth, cream, and pepper. Bring to a boil. Reduce sauce at a slow boil until it has the texture of half and half, about 4 minutes. Remove from heat.

3 Cut 1½-inch squares of 1½ asparagus stalks and set aside. Chop remaining stalks into ½-inch and smaller pieces (they're done as a food processor). Add to sauce with lemon juice and stir to thoroughly combine. Stir in parsley and adjust salt and pepper to desired.

4 Preheat oven to 350°F. Lightly spray a 9-inch (13-cm) pie with vegetable spray. To assemble, place 2 crêpes on work surface. Spoon about ½ Tbsp. asparagus-mushroom mixture in the middle. Roll up crêpe loosely in a cigar shape and place in pan. Repeat with remaining crêpes. (Crêpes may be prepared in advance up to this point and refrigerated.) When in oven at 350°F until heated through, 10 to 15 minutes, serve two crêpes per person, topped with a spoonful of sauce, an asparagus tip, or each crêpe, and a lemon wedge, if using.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
(PER 1 CUP) (PER 1 CUP) (PER 1 CUP)
100 CALORIES 100 CALORIES 100 CALORIES
100 CALORIES 100 CALORIES 100 CALORIES
100 CALORIES 100 CALORIES 100 CALORIES



FRENCH FARMHOUSE CRÊPES

SERVES 4-6 (100g)
400g (14oz) 100g (3.5oz)
100g (3.5oz) 100g (3.5oz)

This crêpe makes a super quick weeknight supper alongside a crisp green salad, or also great for breakfast, especially if you have crêpes handy in the freezer. In flexible too — try bacon instead of ham, or for a healthy alternative, egg whites only with reduced-fat cheese. For a vegetarian version, top each egg white with handful of these 'Imagined' spinach instead of ham.

- 4 cooked crêpes
- 100g
- 100g
- ½ tsp freshly-ground pepper
- 200g (100g)

- ½ cup grated Swiss cheese
- 1 ½ Tbsp. chopped herbs for garnish

1 Place two cooked crêpes in a very large skillet over medium-high heat and add an egg simultaneously to one side of each crêpe. Sprinkle with ½ tsp. each salt and pepper. When egg white is nearly set, about 2 minutes, add a handful of cheese to each side of each crêpe (egg and ham should overlap) and 2 Tbsp. cheese. Cover with a lid or a sheet of foil. Cook over low heat until cheese melts about 2 to 3 minutes.

2 Repeat procedure remaining crêpes. Serve on individual plates garnished with herbs.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
(PER 1 CUP) (PER 1 CUP) (PER 1 CUP)
100 CALORIES 100 CALORIES 100 CALORIES
100 CALORIES 100 CALORIES 100 CALORIES
100 CALORIES 100 CALORIES 100 CALORIES

TARRAGON-CHARD CRÛTES

SERVES 4 OR 6 CRÛTES

ACTIVE TIME: 20 MINUTES

TOTAL TIME: 40 MINUTES

This treat on a traditional lobster cream sauce works well as a hearty appetizer or light dinner. The components can be mixed up separately a few hours ahead of time and assembled just before serving. Be sure to use the same day's egg whites, as it's preferable

NOTE: Use a bowl or double boiler which can be a regular saucepan with a metal or other heatproof bowl fitted over it. This helps make a smooth sauce. A double boiler can double the egg

1/2 cup finely chopped shallots

1/2 cup clam juice



PHOTO: MICHAEL GOODMAN

TIPS OF THE TUNE

Wine vs. Water

To make best of a sparkling wine while making crûtes, place a tray on the counter next to the stove. Place inside a large measuring cup a white and a tablespoon white nacho cheese cooking measure. If you prefer the fine measuring cup to be ready for the next one, white the butter over so often to keep it from scorching.

Crûtes Variation

Add another dimension to crûtes by throwing the butter. Keep in mind that the butter is 100% oil, so it's best to be very careful. Try these crûtes before the others or simply serve them, grating some into a mixture of butter, milk, and a small amount of salt. You should shavings of chocolate or finely ground nuts.

A Cask of Crûtes

If you want crûtes to be immediately good and easy to handle with plastic, in 10 minutes, with a small paper between layers, let it go for 10 to 20 minutes, or freeze for 10 to 20 minutes. Bring cooked crûtes to room temperature before using. In one word, crûtes are a very good separation.

1. 1/2 cup wine vinegar
2. 1/2 cup city water
3. 1/2 cup medium fresh tarragon or 4 tsp dried
4. 1 egg
5. 1/2 cup heavy cream
6. 1/2 cup salt
7. 1/2 cup freshly ground pepper
8. 1/2 cup canned clam broth (about 1/2 lb or 1)
9. 1/2 cup crûtes

1. Place shallots, clam juice, vinegar, sherry and 1/2 cup of the broth (or 1/2 cup dried) tarragon in a small, heavy bottomed saucepan, and bring to a boil. Reduce to a low heat, cook mixture about 5 minutes, until sauce is reduced by a third. It will still be pourable.

2. Bring 1 cup of water to a boil in the bottom of a double boiler over high heat. Then reduce heat and simmer a minute over medium heat. Place heatproof bowl over bottom of double boiler. It is a medium bowl, gently whisk together egg, cream, salt and pepper and mix until combined. Pour shellfish/sauce mixture into top of double boiler. Whisk an egg mixture. Stir in more water in bottom of double boiler remains unseasoned, and whisk some for 1 to 2 minutes, until it's thick and creamy. Remove from heat and mix in crabmeat.

3. Shallow oven or 350°F. Lightly spray a 9-by-13 inch pan with vegetable spray.

4. Place 2 heaping 1/2 cup of crab on a crûte near the edge closest to the edge of the work surface. Tuck meat and over and then under fish egg, and roll up like a cigar. Repeat

with remaining 1 cup. Place three on prepared pan and drizzle any remaining sauce over 1 cup. Place in oven and heat until warmed through, about 10 minutes.

4 Remove from oven. Sprinkle remaining 1 Tbsp. fruit (or 1 tsp. dried) mixture over crispies and serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
100 CALORIES, 15G CARBOHYDRATE, 1G FAT, 10G PROTEIN,
10G FIBER (5G SOLUBLE), 10MG CHOLESTEROL,
10MG SODIUM, 50MG IRON

ORANGE-POMEGRANATE CRISPS

SERVES 4 CRISPIES
ACTIVE TIME: 35 MINUTES
TOTAL TIME: 55 MINUTES

These refreshing crisps provide a simple yet sophisticated finish to any meal. The citrus flavor of the crisp-coated orange filling is a citrusy, sweet, and juicy — all the elements needed to entice the palate. For an added flourish, top with a sprinkling of ground chocolate.

1. Warm crisps
- 1 1/4 cups water-based pomegranate juice
- 1/4 cup sugar
- 1 Tbsp. orange liqueur or 1 Tbsp. orange extract
- 12 cooked crispies made with sugar Whipped cream (optional)

1. Prepare orange: Cut rind off each orange as orange rind fat. Use a sharp

FRENCH PANTRY

The following items are available in a French kitchen:

- apple
- banana or melon
- grape
- mango or pineapple
- mandarin
- olive oil
- orange
- orange
- orange
- orange
- orange
- orange

knife to peel the skin from orange, removing maximum as well. Blend the orange over a bowl to catch juice and use a bowl to remove each orange segment from the membrane. Set aside 12 segments. You should have about 2 cups of segments remaining.

2. In a medium nonreactive measuring combine pomegranate juice and sugar. Heat over high heat and use metal sugar thermometer about 2 to 3 minutes. (Don't stir juice from orange segments and remove for another use.) Add 2 cups of segments to pomegranate mixture and bring to a boil over high heat. Lower heat to medium and simmer 5 minutes. Turn off heat. Strain segments from juice and place in a bowl.

3. Measure juice. There should be about 1 to 2 cups. Return juice to measuring and bring to a boil over high heat. Boil until reduced to just over 1/2 cup, about 10 to 15 minutes. Measure with the syrupy then, oil heat and add liqueur or vanilla and reserved cooked orange segments to taste, stirring at medium. Then add reserved uncooked orange segments and use 4. To assemble: place 1 Tbsp. filling in center of each crispie. Fold crispie in half then in half again, to create a five stage and top with an additional 1 Tbsp. filling. Top with a dollop of whipped cream if desired. Serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
100 CALORIES, 15G CARBOHYDRATE, 1G FAT, 10G PROTEIN,
10G FIBER (5G SOLUBLE), 10MG CHOLESTEROL,
10MG SODIUM, 50MG IRON

Any French author of The Mysterious Lower Mysterious Cookbook and Prince is an expert of all mysterious.





quick thai to try

Thailand's delicious "fusion" cuisine
balances bright, distinct flavors

THIRTY YEARS AGO, THAI FOOD was just starting to become known to Americans — as Thai restaurants began to open up here and there. Today, this exotic cuisine can also be found in our grocery stores, where you'll find the ingredients, as well as prepackaged dishes.

The recipes of Thailand are influenced by the cooking techniques used in Chinese kitchens and by the heavy spices of Indian cooking. Thai chefs have transformed these elements into an altogether unique blend — and bold cuisine. The culinary theme is balance: never again will you get fish and rice, but chicken, mild coconut milk, some lemongrass.

Thai food can be spicy, with an emphasis on hot chilies, but you can adjust the level of heat to your taste. This cuisine comes in green (dishes are abundant in herbs and green-chili peppers) and those red (chili peppers and tomatoes) and a few other ratios in between.

A staple in every Thai meal is jasmine rice (available in our International aisle). This long grain rice has a fragrant, slightly sticky flavor and is often steamed, yielding a light, fluffy texture. Preparing rice correctly is a serious business for Thai cooks, so much so that a rice cooker is a common household appliance. But you can also get perfect rice with any well-made, lidless cooker.

Noodles are another favorite in Thailand. They come in several varieties — where flat, ribbon-like or glass noodles, spaghetti-like egg noodles made from wheat, and thin rice noodles ranging from sticky to waxy. Noodle dishes such as Pad Thai can be found in food courts throughout Thailand. Our version of Pad Thai offers a jangle of rice noodles tossed with chicken, bean sprouts, and peanuts.

While Thailand's cuisine is neither seafood nor abundant, and our Red Curry Shrimp serves as an excellent introduction to the country's cuisine. In our China pack is popular and our Larngue tells with Pad Thai and Penang. Under the most of this menu, incorporating sweet and sour flavors. Because of the large Buddhist population in Thailand, there's also a wide variety of vegetarian dishes, with many others featuring oils and vegetables, as in our spicy Thai with Onions.

Thai recipes are straightforward and easily duplicated at home, especially with key products such as rice, oil, and seafood (which is readily available). Thai ingredients are inherently healthy: lean meats, seafood, plenty of vegetables, limited use of fat. The outstanding flavor of Thai food will add brightness and spice to your table.

By Kimberly Meyers • Photography by Richard Jung

MEALS IN MINUTES

LETTUCE ROLLS WITH PORK AND PINEAPPLE

SERVES 4

ACTIVE TIME: 20 MINUTES

TOTAL TIME: 30 MINUTES

Taking us out from the clinic. This combo makes of juicy minced pork served with fresh pineapple slices, this dish is lovely on a warm summer night. All the featured ingredients are not only healthy and also are available close your table. Hsiao-peng from our feature has particularly nice recipe for rolling.

- 1 cup jasmine rice
 - 1½ cups water
 - 2 heads Boston/bibb or preferably tatsoi
 - 2 (8- to 1-inch-thick) pineapple
 - 1 red bell pepper
 - 4 scallions, ends trimmed
 - 1 Tbsp. vegetable oil
 - 4 tsp. minced garlic
 - 4 tsp. minced ginger
 - 4 tsp. minced garlic
 - 2 (1/2 lb.) pork loin ground pork
 - 1 tsp. freshly ground black pepper
 - 1/2 cup ground fresh chili paste (optional) (add 1/2 cup, 1/2 cup, 1/2 cup)
 - 1 cup Thai fish sauce (see note)
 - 1 Tbsp. soy sauce
 - 1 Tbsp. rice vinegar
 - 1/2 cup brown sugar
 - 1 cup fresh cilantro, chopped
1. Add rice to a medium saucepan, water and about 1/2 cup water. Bring to a boil. Add water and bring to a simmer over high heat. Simmer 15 minutes and reduce heat to medium-low. Cook for exactly 18 minutes; then remove from heat, but do not remove lid. Set aside.

2. While rice is cooking, mince and place in a serving platter. Drain cooked pineapple, finely chop bell pepper and place each in a separate bowl. Thinly slice scallions and put in a small bowl.

3. Heat oil in a large nonstick skillet or wok over medium-high heat. When hot, add ginger and garlic. Cook and stir until fragrant, about 30 seconds. Add pork, black pepper, red chili paste. Cook, stirring frequently to break up pork; until pork is cooked through, about 10 to 12 minutes; there should be no pink meat.

4. In a small bowl, whisk together fish sauce, soy sauce, vinegar and brown sugar. 5. Add sauce to pork and mix well. Simmer for 1 minute. Turn off heat. Stir in cilantro. Transfer pork to a serving bowl.

6. To serve, remove lid from rice, fluff it and transfer to a serving bowl. See list on platter and bowls on sides of table and let everyone assemble their own lettuce rolls. Each lettuce leaf should contain a small amount of pork, pineapple, red pepper, and scallions, with rice served on the side. You'll be able to make about 24 rolls.

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RED-CURRY SHRIMP

SERVES 4

ACTIVE TIME: 20 MINUTES

TOTAL TIME: 30 MINUTES

This easy dish combines shrimp, baby spinach, and bamboo shoots in a spicy sauce.

Notes: If using frozen shrimp, you can let it thaw during the day in the fridge. Or you can "quick freeze" by freezing frozen shrimp for a few minutes in cold water.

- 1 cup jasmine rice
- 1½ cups water
- 2 Tbsp. vegetable oil
- 2 (8- to 1-inch-thick) pineapple
- 1 Tbsp. minced ginger
- 2 Tbsp. prepared red-curry paste (see the list on platter)
- 1 cup chopped brown sugar

THAI TIMESAVERS

These ingredients are the key to making Thai food at home. They are available in most Asian markets.

- minced garlic in a jar
- minced ginger in a jar
- red bell pepper in a jar
- fresh cilantro and fresh vegetables

THE FORTH

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- 21. Bull (male)–steering
- 22. chili paste
- 23. break (steering)
- 24. break (bull)
- 25. ground (steering)
- 26. moxalis
- 27. homotopical
- 28. lanes
- 29. homotopical (steering)
- 30. parking (steering)
- 31. parking
- 32. parking
- 33. parking
- 34. parking

1. 8-12 inch light-colored walls
2. Bare ceiling
3. Tings (tile) on the floor (no carpet)
4. 8-12 inch white bamboo shades - ~~closed~~
and closed well
5. 1/2 inch gap. Range of lamp cord (2nd
corner)
6. Is medium shrimp possible to be removed
without a brush?
7. Tings (tile) on the floor (no carpet)

1. Add rice to a medium soupçon water and drain, keeping rice as par. Add water and bring to a simmer over high heat. Stir well. Cover and reduce heat to medium-low. Cook for exactly 12 minutes, then remove from heat. Let the rice steam for 10 minutes.

8. While rice is cooking, start curry in a large deep pot. Heat oil over medium-high heat. Add garlic, ginger, curry paste and onion. Cook and stir until fragrant. Stir in tomato. Add coconut milk, sugar and fish sauce. Whisk until smooth and blended. Bring to a simmer. When cooking time is complete, cook for 5 minutes.

3. Add hamburger cheese: Slowly stir in spinach until all of it has melted into the curry. Add cheese. Cook and stir for 4 to 5 minutes until cheese is cooked through.

4. Remove lid from rice pot and fluff rice with a fork. Divide rice among four plates, and top each serving with an equal amount of sauce. Garnish with chives, if using.

1. **Содержание:** 1. Введение. 2. Описание системы. 3. Требования к системе. 4. Анализ требований. 5. Проектирование системы. 6. Реализация системы. 7. Тестирование системы. 8. Внедрение системы. 9. Поддержка системы. 10. Заключение.

WORK WITH US

Age Group	Don't know (%)	No (%)	Yes (%)	Strongly agree (%)
18-29	~10	~10	~70	~10
30-39	~10	~10	~70	~10
40-49	~10	~10	~70	~10
50-59	~10	~10	~70	~10
60-69	~10	~10	~70	~10
70-79	~10	~10	~70	~10
80+	~10	~10	~70	~10

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Abstract

Then colorful early summer salsa, soup, vegetables and crunchy cauliflower with a poppy seed. Fresh pineapple would be the ideal way to cool off after this spicy feast. To make the dish completely vegetarian use soy sauce instead of fish sauce.

Notes: Child profile name can be found in the Instrumental table. If you can't find any table entries to copy, make virtual profiles and balance scores. Child name is for your own use only.

- [illegible]

1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 2680, 26



MEALS IN MINUTES

Do not reheat left for more.

2. While rice is cooking, whisk together brown sugar, lime juice, and fish sauce in a small bowl for sauce.

3. In a large nonstick skillet or wok, heat 1 Tbsp. oil on oil over medium-high heat. When hot, add tofu and cook until on lightly browned, about 4 to 5 minutes. Transfer tofu to a plate and cover loosely with foil to keep warm.

4. In same pan, add remaining 1 Tbsp. oil. When hot, add sliced garlic, onion and ginger. Cook and stir until fragrant, about 1 minute. Add frozen vegetables and cook and stir about 2 minutes.

5. In white sauce: Add sauce and continue to vegetable mix. Bring to a simmer then add cornstarch and heat. Taste first through, about 1 minute.

6. Remove lid from rice and fluff with a fork. Drizzle rice and sauce among four plates. Serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
400 CALORIES, 40G CARBOHYDRATE, 15G PROTEIN,
15G FAT (10G SATURATED), 10G FIBER, 10MG
SODIUM, 10MG CHOLESTEROL.

CHICKEN PAUL THAI

SERVES 4

ACTIVE TIME: 25 MINUTES

TOTAL TIME: 30 MINUTES

Hot noodles can be tricky to work with — they tend to break in part of the cooking process, and you may need to experiment a little to get the cooking time just right. Langara style noodles work best, since their noodles naturally break and become gamier. This recipe is flexible — add or substitute things in or out for the chicken.

1. In a large pot, cook noodles according to package directions.

2. In a large bowl, combine chicken, noodles, and sauce.

3. Top with lime juice and serve.

4. Top with lime juice.

5. Top with lime juice.

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17. Top with lime juice.



CHICKEN PAUL THAI

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33. Top with lime juice.

34. Top with lime juice.

1. In a large pot, cook noodles according to package directions. 2. In a large bowl, combine chicken, noodles, and sauce. 3. Top with lime juice and serve. 4. Top with lime juice. 5. Top with lime juice. 6. Top with lime juice. 7. Top with lime juice. 8. Top with lime juice. 9. Top with lime juice. 10. Top with lime juice. 11. Top with lime juice. 12. Top with lime juice. 13. Top with lime juice. 14. Top with lime juice. 15. Top with lime juice. 16. Top with lime juice. 17. Top with lime juice. 18. Top with lime juice. 19. Top with lime juice. 20. Top with lime juice. 21. Top with lime juice. 22. Top with lime juice. 23. Top with lime juice. 24. Top with lime juice. 25. Top with lime juice. 26. Top with lime juice. 27. Top with lime juice. 28. Top with lime juice. 29. Top with lime juice. 30. Top with lime juice. 31. Top with lime juice. 32. Top with lime juice. 33. Top with lime juice. 34. Top with lime juice. 35. Top with lime juice. 36. Top with lime juice. 37. Top with lime juice. 38. Top with lime juice. 39. Top with lime juice. 40. Top with lime juice. 41. Top with lime juice. 42. Top with lime juice. 43. Top with lime juice. 44. Top with lime juice. 45. Top with lime juice. 46. Top with lime juice. 47. Top with lime juice. 48. Top with lime juice. 49. Top with lime juice. 50. Top with lime juice. 51. Top with lime juice. 52. Top with lime juice. 53. Top with lime juice. 54. Top with lime juice. 55. Top with lime juice. 56. Top with lime juice. 57. Top with lime juice. 58. Top with lime juice. 59. Top with lime juice. 60. Top with lime juice. 61. Top with lime juice. 62. Top with lime juice. 63. Top with lime juice. 64. Top with lime juice. 65. Top with lime juice. 66. Top with lime juice. 67. Top with lime juice. 68. Top with lime juice. 69. Top with lime juice. 70. Top with lime juice. 71. Top with lime juice. 72. Top with lime juice. 73. Top with lime juice. 74. Top with lime juice. 75. Top with lime juice. 76. Top with lime juice. 77. Top with lime juice. 78. Top with lime juice. 79. Top with lime juice. 80. Top with lime juice. 81. Top with lime juice. 82. Top with lime juice. 83. Top with lime juice. 84. Top with lime juice. 85. Top with lime juice. 86. Top with lime juice. 87. Top with lime juice. 88. Top with lime juice. 89. Top with lime juice. 90. Top with lime juice. 91. Top with lime juice. 92. Top with lime juice. 93. Top with lime juice. 94. Top with lime juice. 95. Top with lime juice. 96. Top with lime juice. 97. Top with lime juice. 98. Top with lime juice. 99. Top with lime juice. 100. Top with lime juice.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
400 CALORIES, 40G CARBOHYDRATE, 15G PROTEIN,
15G FAT (10G SATURATED), 10MG FIBER, 10MG
SODIUM, 10MG CHOLESTEROL.

Kendrick Mayne owns WCFB (Chicago) — a
major development company. She lives in the

Japanese Lessons

Adopting a few of the tenets of Japanese cuisine may be just what your diet needs

BY KUTTY BROOKER MS RD PHOTOGRAPHS BY GEORGE SCHWARTZ

The *harauchi* and *sashimi* could be the keys to long life. After all, they're core elements of the Japanese diet — and the Japanese enjoy one of the longest life expectancies in the world. What are they doing right? Researchers credit the typical Japanese diet as a lifestyle not only where longevity lies, but also in their relatively lower rates of heart disease and cancer. The traditional Japanese diet, heavy on instead-of soy products and vegetables, can battle modern diseases of all varieties.

An island nation, Japan has no abundance of fresh produce. The average Japanese eats fish at least a few times per week, especially fish high in omega-3 fatty acids (usually mackerel, tuna, salmon, and mackerel). Omega-3s continue to be heavily researched, and their benefits are far beyond to impact immunity, cancer prevention, and health of the heart, joints, brain, and nervous system.

Soy products of all kinds figure prominently in the Japanese diet. One of the most common misconceptions is soy sauce, but getting the nutritional benefits of the whole soybean requires more than use of this favorite condiment. There are numerous ways to enjoy soy foods: edamame (soybean grown soybeans), soy nuts, *tofu* (soybeans), and soy protein powder to name a few. The nutritional benefits of soy are impressive: it's a complete protein and contains a good dose of fiber, plenty of B vitamins, healthy omega-3 fatty acids, and calcium.

The Japanese diet is also traditionally packed with vegetables — often raw or first steamed and served in one meal. This practice alone promotes good health, but beyond their quantity could be the consistent use of cruciferous veggies that's key to the lower rates of cancer. Cabbage, broccoli, kale, cauliflower, and Brussels

sprouts, as well as root vegetables such as parsnips, carrots, radishes, and rutabagas, all fall under this category. Population studies link high consumption of cruciferous veggies with a decreased incidence of a number of cancers. It appears that these vegetables fight cancer in a few ways. They speed up the work of enzymes that detoxify cancer-causing compounds

in the body; they also slow down cancer cell growth and promote the self-destruction of cancer cells. Eating more veggies, especially cruciferous ones, is a trend that moves us closer to the cuisine you're craving.

Our special menu celebrates Japanese cooking and makes the most of these healthy — and delicious — ingredients.



FOR YOUR HEALTH

SAVING TIME

SHRIMP &

ACTION TIME: 40 MINUTES

TOTAL TIME: 1 HOUR

Yakitori (just like teriyaki) is a popular snack food in Japan. Serve one skewer per person as an appetizer or two for an entrée.

Basting Sauce

1. 1 cup white rice wine
2. 1 cup reduced-sodium soy sauce
3. 1 tsp sugar

Marinade

1. 2 yellow bell peppers, corral seeds, in round, cut into 1/4-inch square pieces
2. 1/2 lb. "babe's breath" cauliflower, stem and leaves trimmed, trimmed of top and cut into 1/4-inch-thick
3. 1/2 lb. "babe's breath" cauliflower, stem and leaves trimmed, trimmed of top and cut into 1/4-inch-thick

1. Soak 12 bamboo skewers (see page 7) in water for at least 15 minutes.
2. In a small saucepan over medium heat mix together marinade, soy sauce, and sugar until sugar dissolves, about 2 minutes. It may come to a low simmer. Remove from heat, set aside.
3. Preheat grill to high heat. Arrange skewers, thread each skewer with a piece of pepper ring, then a piece of chicken, then a piece of scallion. Lighter scallions point toward scallion end, through hollow point. Repeat until each skewer has roughly three sets of each ingredient.
4. Grill skewers for 5 minutes on each side. Using a poultry brush, coat top surface of skewers with basting sauce. Let skewers grill 2 minutes. Flip and coat second side of each skewer with sauce. In grill another 3 minutes.
5. Continue to grill. Flip and broil skewers with sauce for about 5 more minutes, until basting sauce is gone. Chicken is cooked through (check skewers by cutting into a piece) and a little bit of the skewers up on top of chicken and vegetables. Transfer cooked skewers to a clean plate, serve hot.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
SERVING SIZE: 2 SKEWERS (1/2 CUP) PER PERSON
PER 1/2 CUP (2 SKEWERS) (1/2 CUP) (1/2 CUP)
TOTAL CALORIES 100



CALIFORNIA ROLL SALAD

SHRIMP &

ACTION TIME: 20 MINUTES

TOTAL TIME: 20 MINUTES

California roll is a type of sushi that's usually made with rice on the inside and seaweed on the outside. Apparently most sushi-people eat it with no rice. Try substituting brown rice for white for more fiber and nutrients. This salad is a great way to serve leftover rice.

Wash

1. 1 cup cooked rice
2. 1 cup cooked white rice, 1/2 cup cooked white rice
3. 1/2 cup cooked white rice
4. 1/2 cup cooked white rice
5. 1/2 cup cooked white rice
6. 1/2 cup cooked white rice
7. 1/2 cup cooked white rice
8. 1/2 cup cooked white rice
9. 1/2 cup cooked white rice
10. 1/2 cup cooked white rice
11. 1/2 cup cooked white rice
12. 1/2 cup cooked white rice
13. 1/2 cup cooked white rice
14. 1/2 cup cooked white rice
15. 1/2 cup cooked white rice
16. 1/2 cup cooked white rice
17. 1/2 cup cooked white rice
18. 1/2 cup cooked white rice
19. 1/2 cup cooked white rice
20. 1/2 cup cooked white rice

Dressing

1. 1/2 cup reduced sodium soy sauce
2. 1/2 cup freshly squeezed lemon juice
3. 1/2 cup rice vinegar

1. Soak shrimp in water. Heat a large skillet over medium heat and add rice. Shake pan periodically for 2 to 3 minutes until seeds begin to sizzle slightly. Immediately remove from heat and set aside.
2. In a large mixing bowl, combine rice, carrots, crab, cucumber, scallions, onion, scapes, and seaweed. Toss gently to mix.
3. In a small bowl, combine soy sauce, lemon juice, and rice vinegar in a small bowl. Then pour over salad mixture and toss again to combine.
4. Divide mixture among four shallow bowls or plates. Peel and quarter avocado, cutting each quarter into thin slices. Garnish each bowl with avocado slices. Serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
SERVING SIZE: 1/2 CUP (1/2 CUP) (1/2 CUP) (1/2 CUP)
PER 1/2 CUP (1/2 CUP) (1/2 CUP) (1/2 CUP)
TOTAL CALORIES 100

[illegible]

- (9) BAI clothing light firm boys
- (10) stringed metal musical strings
- (11) wall paper (early Internet)
- (12) cup covered collages
- (13) top grained fresh grapes
- (14) egg white
- (15) three second sodium-iodide clock
- (16) top rounded necklace all
- (17) top rail
- (18) three column slavery (Spartan)
- (19) brown oboe-like brass, bowed
flute carillon

- 1 Egg, reduced-sodium soy sauce
- 2 Egg, rice wine vinegar
- 3 Egg, water
- 3 Softened green (frozen string)
- 1 Egg, white (egg white)
- 9- Egg, cooked (assume all found in the last row for simplicity)
- 8, 6, & 4 egg, and various season traditions.

- † Clay half blocks of cells on half horizontally, and on two thin layers. To prevent damage.

[illegible]

1000

care. Using a pointer, number or a light, **mark** the ends and a midpoint on each strand; there are six filling ingredients together and well combined. Place a single wrapper on a piece of waxed paper, then drop 1 mound, snopost of cheese filling in center. Dip your finger on water and cut a 2-to-3-inch mound edge of wrapper. Bring up edges of wrapper, pinching it gently around filling, and drawing filling upward as you. Gently by gently pressing, 1 side down, form into top of dumpling. If desired, fill completed dumplings into one of three pieces of waxed paper in place while you assemble remaining dumplings. There should be enough filling for 24 wrappers.

4. When steamer is ready, spray it lightly with cooking spray. Transfer assembled dumplings to steamer, placing them so their wetted touching ends meet. Cover and steam for 12 minutes, until steaming (just boiling) water. When done, dumplings have, will be lightest green in color. Remove dumplings from steamer. Serve immediately with dipping sauce.

APPROXIMATE ALTERNATIVE WALKER PERCENTAGES
INDICATED: 50% CARBONIFEROUS, 1% CRETACEOUS
AND THE LATE MAMMALS, TWO CRETACEOUS, THREE
CRETACEOUS, 1% CRETACEOUS.



Healthy and Fun Food from the Grill

Grilling today isn't just meat (steak, hamburgers, and hot dogs)—most and most people are experimenting with lean meats, fish, fruits, and vegetables. The best part about grilling, though, is how easy it is to prepare healthy meals. Grilled foods require little or no added fat to prepare and, getting their flavor instead from herbs, marinades, and more. Grilled foods also tend to cook more quickly, and retain more vitamins and minerals than foods cooked by other methods. So are you ready to cook eating, flavorful, and, most important, healthy meals? Just fire up the grill and use your imagination! These tips will help get you started.

Grilling Hints

- Make sure to select lean cuts of meat, like chicken, turkey, or fish, and remove skin. Lower cuts have less fat that will drip onto the grill flames and less saturated fat than meats such as ribs or sausage. Look for the Grading Star® ratings on the price labels of fresh meat packages at the market. Remember that one size means good nutrition and value, two sizes means better nutritional value, and three sizes means the best nutritional value.
- Spray your grill surface with a cooking spray or brush with a small amount of olive oil to keep food from sticking.
- Not sure of cooking times? Follow these helpful hints. Chicken breasts, trimmed, ones will be done in about 8–12 minutes, boned-in, one will be done in about 15–18 minutes; medium, and fish, 4 ounces each, will cook for 4–6 minutes per 1/2-inch thickness.
- There are lots of choices for marinating your meats. Try lemon juice or orange juice.

Revised recipes, fresh herbs like parsley, dill, and rosemary for herb salad dressings, or lean meats are great. Marinades help to tenderize meats and add an extra kick of flavor that everyone will enjoy. A good recipe to try is our Grilled Steak with Spicy Mango Salsa.

Grilling Vegetables

- You can use the same types of marinades for vegetables that you use for meats. Or lightly coat vegetables with olive oil and season with salt and pepper.
- Try not to try something new if you're really eating the same old veggies. Add a bit with zucchini, squash, eggplant, mushrooms, turnips, or the red, yellow, orange, tomato, peppers, and red onion and shared them out a dinner or wrap as food before placing on the grill.
- Grill vegetables for approximately 5 minutes. Look for them to have a lightly browned color and a tender consistency.

Grilling Fruits

- There's no need to marinate fruits—grilling them on their own will strengthen their flavor and concentrate their natural sugars for a deliciously sweet treat at the end of a meal.
- Don't like vegetables? You can try a wide variety of fruits on the grill. Some good choices are peaches, pears, plums, pineapple, apricots, nectarines, apples, and bananas.
- Before you grill, remove all pits and cores. Place fruit on the grill, pulp-side down. For extra sweetness, you can sprinkle a little brown sugar or cinnamon after grilling.
- Like sugarkiss® fruits don't require much cooking time. Most fruits should be fully cooked after 3–5 minutes on the grill, but keep a close eye on them, as the natural sugar in fruits can burn easily.

GRILLED STEAK WITH SPICY MANGO SALSA (SERVES 4)

Time: 45 minutes

1. In bowl, top round steak and into 1/4 inch thickness.
2. Cook-steak medium.
3. Cook-salsa (see page, 100)

Marinade

1. Mix lime juice.
2. Top in food processor.
3. Top with.
4. Top vegetable oil.
5. Top, minced (fresh) ginger.
6. Grate (fresh) minced.
7. Grate of salt.

Mango Salsa

1. Mix (about 1/2 cup) mango.
2. Top in food processor.
3. Top lime juice.
4. Top (fresh) lime juice.
5. Top (fresh) lime juice.
6. Top (fresh) lime juice.

1. Combine marinade ingredients in bowl. Place steak and marinade in plastic bag, turn to coat. Marinate for 2 hours or overnight, turning occasionally.
2. In bowl, peel, wash, and slice mango. Place mango in medium bowl. Cover and refrigerate until ready to serve.
3. Remove steak from marinade, discard marinade. Place steak on grill over medium flame, and cook 8–12 minutes for medium-rare, depending on thickness.
4. Serve steak with salsa, mango, and salsa wrap (see page 100).

Brazilian Grilling

This summer, cook like the *gaúchos* and try a *churrasco*

BY DEBRA BARRELL PHOTOGRAPHS BY LEO DONG

When a summer grilling this summer looks south to Brazil, the large South American country has practically turned a seasonal cuisine into an art form. You can use the subtle flavors of coconut and tropical fruits as an endless year leads to the multicultural summer experience of backyard outdoor cooking.

Brazil is a lot like the United States, with its melting pot of cultures, culinary influences, and regional growing areas. In fact, it's roughly the same size as the lower 48 states. And like the U.S., it has a mixture of very different geographic regions like the heavily rain forest of the Amazon on the east plains, which are ideal for raising cattle.

Brazilian cuisine has evolved with a blending of cultures ranging from the indigenous populations and West Africans to immigrants from Europe and the Middle East—even Japan. And along Brazil's diverse coastal plains, there's plenty of fish and seafood for the table. Vegetarians may find Brazilian cuisine a challenge. The country is a meat lover's paradise. Brazil has the world's largest annual animal-cattle herd with approximately 140 million head, almost twice as many as the U.S.

There's no better way to understand local *gaúcho* Brazil's obsession with meat than at a *churrasco*, or Brazilian barbecue, where different meats are skewered, then cooked over a fire. Beef, pork and chicken are then shared all the skewers and served with side dishes including manioc, a potato salad

that may include a simple fish, which is a common topped coconut, or *linguistini* (fennel-like *spiral*), a rich, cheddar easily made from sweetened condensed milk.

Kids of all ages can get involved in the preparation, cooking, and serving of a *fiado* or *sausage* barbecue. Young children can run up for manioc, sausage meats for grilling, set up the picnic table, and take responsibility for chopping and rolling the linguistini.

While fun building and grilling should be supervised carefully by an adult and off limits to young children, older children and teenagers make outstanding *grelhados* (souffles), broiling everything from lamb to the meats to pineapple, even cooking (fennel) in broiling, steaks and plates between the grill and the kitchen (oven). A Brazilian barbecue is also a great opportunity to show your child how to grill properly by placing meats in the correct position on the grill, as well as how to grill safely by using long, handled tongs and more.

MANIÃO DE (BRAZILIAN POTATO SALAD)

Serves 4

ACTIVE TIME: 10 MINUTES
TOTAL TIME: 45 MINUTES

Brazilians typically peel the potatoes, but not left the skins on for the additional fiber. You can substitute green beans and corn for the carrots and peas.

What Kids Can Do

- Older children can peel potatoes and carrots.
- Peel and chop hard-boiled eggs.
- Squeeze lime juice and prepare dressing.
- Add ingredients to serving bowl and stir to combine.



MANIÃO DE (BRAZILIAN POTATO SALAD)

Competing with Rivals

- [illegible]

7. **Hard-boiled eggs:** Place eggs in a small sauce pot, cover with tepid water, and bring to a boil over high heat. Turn off heat, cover and let sit for 20 minutes. Run under cool water until cool enough to handle. Peel and garnish as desired. Set aside.

2 While eggs sit, fill a medium saucepan with water and bring to a boil. Cook beans just for 1 minute. Use a slotted spoon to transfer portion to bowl. Add potatoes and carrots to boiling water and cook for 13 to 20 minutes until potatoes are just cooked through. Drain. Run cold water over potatoes and carrots and cool.

3. In a small bowl, which together makes one half pint, mix salt and pepper. Place peas, potatoes, carrots and chopped eggs in a large serving bowl. Add seasoned mayonnaise and mix well combined. Refrigerate until ready to serve. Salad can be made one day in advance.

APPROXIMATE PERCENTAGE VALUES FOR THE FIRST
SIX MONTHS (1961-1962) OF THE PERCENTAGE
INCREASE IN THE NUMBER OF NEWLY REPORTED
CASES OF MALARIA IN THE
INDIAN SUBCONTINENT

REFERENCES

The following items are common to all

- blackberry
- egg
- coffee
- coconut and coconut milk
- papaya
- lemon
- chili peppers
- sweetened condensed milk
- chocolate



1000

CHICKEN WITH COCONUT CURRY SAUCE

[illegible][illegible]

Kindle world showed characters of herbaceous, an arrowweed-like. This is a homeopathic version, manageable as a home graft with a slightly waxy, upward dipping, more. Note that phlegmatic seeds can be very hot — more robust, glows when seedling is used near the roots on some herbs.

Height: Height measuring the shortest walk, with
a pin the eye with a double diameter over which.

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- Feed garlic and put it through a garlic press.
- Whisk mustard and pour it over meat and shrimp.
- Measure ingredients and set timer.
- Older children can share taste and discuss.

Downloaded At: 11:53 11 September 2009

- 1000

- © 2004 Blackwell Publishing Ltd *Journal of Internal Medicine* 255: 103–110

- 1 garlic clove minced
- 1 cup light cream or milk
- 1 Tbsp. cornstarch
- 1/2 cup cheddar, finely packed
- 1 Tbsp. freshly squeezed lemon juice
- 1 Tbsp. brown sugar
- 1/2 tsp. salt

1. *Journal of Management Education*, 2000, 24(1), 1-10.

- 1 lb. pork tenderloin
- 1 lb. spinach, stems, washed, dried
- 1 lb. lamb chops, peeled and boned
- 1/2 cup fresh lime juice
- 1/4 cup vegetable oil
- 1 tsp. salt
- 1 whole (or 2 cut through 2 pieces in halves)

5 Stir in reserved chopping sauce. In a small sauce pan, heat vegetable oil over medium-low heat. Add jalapeños and garlic. Cook until jalapeños are somewhat softened, about 5 to 7 minutes, stirring frequently to prevent burning. Add rice-cooked milk and use a whisk to stir in cream sauce. Whisk one minute, and remove sauce from heat when

to sit up plus lean about 4 to 6 minutes.

2 Pour sauce in the bowl of a food processor or a blender; or use a handheld mixer, mixer blender. Add cheese, lime juice, brown sugar, and salt. Process until smooth about 1 minute. Use immediately or refrigerate, covered with plastic wrap, and use within two days. If refrigerated, sauce will thicken, so reduce ratio in the marinade or in a saucepan.)

3 Prepare chicken. Cook 12 broilers, skewers (see page 7) or make for 15 min. use. Cut pork tenderloin and chicken breast into bite-sized chunks and place in separate containers. Place shrimp in a third container.

4 In a small bowl, whisk lime juice, oil, salt, and garlic. Pour about ¼ cup each of this marinade over separate bowls of pork, chicken, and shrimp. Cover meat and shrimp and refrigerate for 12 minutes while preheating grill. Do not let more oil drip; marinate longer than 30 minutes.

5 When ready to grill, thread pork, chicken, and shrimp onto skewers (use skewers — don't use them unless you have

different cooking times). Make sure each skewer goes through the widest part of the meat or shrimp so that the maximum amount of surface is exposed to the grill.

6 Grill skewers over medium-high heat, turning frequently to prevent burning. Pork skewers should cook for about 4 minutes on each side; chicken skewers for about 5 minutes on each side, and shrimp for about 2 minutes on each side.

7 To serve, use a ¼-inch hole in whole meat and shrimp of skewers into a platter. Serve various dipping sauce either in a gravy boat or in individual small bowls.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
(10 CALORIES, 20 CARBOHYDRATE, 20 PROTEIN,
10 FIBER, 10 SATURATED, 10% DIETARY FIBER,
10% SODIUM, 10% FIBER)

BRISQUE

DIETARY FIBER CARBON
ACTIVE TIME 30 MINUTES
TOTAL TIME 1 HOUR 20 MINUTES

These responsible in event, judge like you! They're simple at friends building parties. They're very easy — and fun — to make about sticky. You'll want more appetizer items to hold the chicken. Make especially like rolling the chicken in different toppings.

What's Hot Can Do

- Roll chicken into balls
- Roll chicken in toppings
- Arrange chicken on a platter

Candy

1. Cut 100 g of (unsalted) condensed milk.
1. Taste salted butter.
1. cup chocolate sauce
- 1.2. Taste vegetable oil in butter for greasing fingers.

Toppings

- Chocolate or salted sorbetto
- Strawberry coconut
- Candy peanuts
- Cinnamon sugar
- Cranberry sauce

1. Spray a 5-inch pan pan or 8-inch square pan with vegetable cooking spray for each. If in a small container over medium heat heat coconut, crushed milk, butter, and chocolate sauce, stirring constantly with a wooden spoon. until mixture achieves a rolling boil and is thickened, approximately 10 to 12 minutes. Remove from heat, pour into prepared pan, and let cool to room temperature, about 45 minutes.

2 Press oil into a small bowl, dip your fingers in it, and rub over your hands or rub your hands with butter. Press oil small pieces of chocolate mixture and roll into 1-inch balls between your palms. Rub more oil on your hands when candy starts to stick. Roll candies in your choice of toppings. Then place each candy in a mini capsule liner on a serving plate. Refrigerate candies for at least 1 hour before serving. Serve chilled.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
(10 CALORIES, 20 CARBOHYDRATE, 20 PROTEIN,
10 FIBER, 10 SATURATED, 10% DIETARY FIBER,
10% SODIUM, 10% FIBER)





The Big Picture

More than one reference specific cuisines can turn to pair with wine, especially if you widen your horizons. Serving Spanish wines (page 122), Spanish Rioja, for example, produces a great match: the fruity yet velvety *Vino Penedès Cordon Rubi* (see *Vinifolia* France) of Provence makes a great match, too. Or consider the crisp and aromatic *Sauvignon Blanc* (from northern Italy) All these wines, hailing from various parts of the Mediterranean, enhance our dish's flavors.

The first step in matching wine to food is to take a step back. How general are such as style (heavy dishes versus light) and aromatic level? Next, choose wines that complement or echo those characteristics, even if the wine comes from a different country than the food.

The lighter of the *Unlabeled Greek White* (page 131) for instance, has more in common with *Casa Gama Verde Verde* (a crisp

cuisinier wine from Portugal). If you prefer a longer drink, *White Wine Pina Nola* from France is just as casual and versatile, with soft, rounded flavors.

Highly spiced Asian dishes call out for wines with a touch of sweetness. For the Indian and Thai menus (see pages 18 and 24, respectively), try *Cremissimo José Weinberg Riesling* or *Winegrowers Union Columbia Estate Gewürztraminer*. The Japanese menu (page 36) though less spicy, would also share well with these lightly sweet wines, or with sparkling wine.

As illustrated, you can trust our wine expertise, and you'll always find a balanced selection of interesting, game-changing wines from around the world. In fact, it's a selection that sets us apart.

—Monica Wilson with contributions from
Tom Hunter, Henninger's Fine Wine Buyer

inspired by tradition

Taste of Inspirations

Roasted Red Pepper & Tomato Bruschetta

Slow roasted red peppers mixed with the finest pure olive oil, roasted Roma tomatoes, sweet onion, basil & red wine vinegar.



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